

Breakfast

Served 9.30am - 11.30am

Full breakfast Sausage, bacon, tomato, mushroom, hash brown, hog’s pudding, beans, egg & toasted sourdough (gf*)	15
Vegan breakfast Vegan sausages, chickpea fritters, hash brown, tomato, mushroom, spinach, beans & toasted sourdough (vgn, gf*)	13
 Add an egg Add extra items	 2 2
Breakfast rustic roll Brown rustic roll; choose from bacon, sausage, egg or vegan sausage (v*, gf*)	8
 Add egg Add extra items	 2 2
Avocado on toast Smashed avocado, with a hint of lime & chilli, served on toasted sourdough (vgn)	10
 Add poached egg	2
Toast White sourdough or wholewheat bloomer (v, gf*)	
 With butter With jam or marmalade With baked beans With 2 eggs, fried, poached or scrambled	 4 6 6 8

Dietary symbols

(v) vegetarian / (vgn) vegan /
(gf) gluten free / (df) dairy free /
(*) available on request

Please make us aware of any allergies or food intolerances before placing your order.

Please have your table number ready to order at the counter

Lunch

Served 12pm - 3pm

Soup Please see the specials board for our soup of the day. Served with Da Bara wholewheat bloomer & Cornish butter (gf*, vgn*, df*)	
Salads & small plates	
Chicken Caesar salad Chicken breast, bacon lardons, crispy gem lettuce, croutons, parmesan shavings & Caesar dressing (gf*)	14
Gravlax salmon & prawn salad Cured salmon in citrus, prawns with cucumber, dressed leaves, marie rose sauce & wholewheat bloomer (gf*, df)	15
Ploughman’s lunch Davidstow cheddar, honey-roasted ham, pickled onions, piccalilli, spicy tomato chutney & a wholewheat bloomer (gf*, df*)	14
Greek salad Tomatoes, cucumber, red onion, olives, feta cheese & house dressing (v, gf)	13

Trebah’s famous flans

All our flans are homemade & served with coleslaw & dressed leaves

Choose from **meat** or **vegetarian** flan

Please see our specials board for today’s fillings & prices

Toasted sandwiches

Served in a ciabatta roll with dressed leaves	
Honey roasted ham & Davidstow cheddar cheese	11
Tuna, mayonnaise & Davidstow cheddar cheese	12.50
Mediterranean veg, vegan pesto, Davidstow cheddar cheese (vgn*)	11.50

Hot sandwiches

Served in a rustic roll or a gluten free roll, with dressed leaves	
Battered fish Beer-battered haddock fillet with lettuce, tartare sauce (gf*, df)	12
Pulled pork Mixed spice pulled pork with apple sauce (gf*)	12
Falafel Falafels with smashed avocado, lime & chilli with lettuce (vgn, gf*)	12
Main plates	
Chicken & chorizo paella Chicken & chorizo with fragrant Spanish paella rice & red peppers (gf)	18
Open steak sandwich Pan fried sirloin minute steak, sautéed onions, blue cheese sauce & rocket on a toasted ciabatta with skin on chips (gf*)	19
Fish & chips Local beer-battered haddock fillet, skin-on chips, garden peas and tartare sauce (gf*, df)	18
Halloumi burger Grilled halloumi, mushroom, spiced tomato ketchup & lettuce in a brioche bun with skin on chips (v, gf*)	18
Beef burger Beef patty, cheddar cheese, bacon, lettuce & burger sauce in a brioche bun with skin-on chips (gf*, df*)	18
Squash gnocchi Roasted squash & gnocchi, cooked in garlic butter with pea shoots (gf, vgn)	16
 Add blue cheese (v)	3

Cornish cream tea

Two homemade scones, Rodda’s Cornish clotted cream & Halzephron strawberry jam, served with a pot of tea (gf*)	8.25
 Upgrade to coffee	.75

Tiny Trebah

Local pork sausage & skin-on chips (df, vgn*) Add peas or beans	8 1.50
Chicken chunks & skin-on chips (gf, df) Add peas or beans	8 1.50
Beans on toast (gf*, vgn) Add cheese (v)	6 2
Fish & chips with peas (gf*, df)	8
Tomato gnocchi & garlic bread (gf, df)	8
Kids lunch bag Please see selection at the counter. Box includes sandwich, Pom Bear crisps, carton of juice, fruit & flapjack.	8
Sides	
Skin-on chips (vgn, gf)	5
Cheesy skin-on chips Skin-on chips topped with Davidstow cheddar cheese (v, vgn*, gf)	6
Messy chips Skin-on chips topped with pulled pork and Davidstow cheddar cheese (gf)	12
Side salad Mixed leaves, cucumber, grated carrot & house dressing (v, gf)	4.50
Homemade coleslaw (v)	4
Homemade treats Please see the counter for today’s selection of fresh cakes, slices & biscuits	
Ice cream tubs Please see the flavours at the counter	3.30
Roskilly’s farmhouse Vibes dairy free (vgn)	