

## our suppliers



## our ethos

**Nutritious, sustainable,  
inclusive and responsible.**

### Nutritious

Our meals always include fresh fruit and vegetables, whole grains and seeds. We like to use herbs and spices to flavour rather than salt. Where possible we use healthy oils rather than butter and fats, and all fats are low saturated.

### Sustainable

We engage with suppliers from the immediate community. We use local seasonal ingredients. Our meats are ethically reared, fish is always sustainable and our eggs are free range.

### Inclusive

We strive to be aware of, and make provision for, as wide a variety of dietary needs as possible.

### Responsible (Marketing)

We hope that our marketing reflects and emphasises our ethos and above all we do our utmost to be honest.

# sunday menu

At Trebah Kitchen, we pride ourselves on providing locally sourced, seasonal, honest, home-cooked food.

please see  
our daily  
specials  
board

## Trebah Kitchen

[trebahgarden.co.uk/eat](http://trebahgarden.co.uk/eat)

@TrebahKitchen

tripadvisor®

## breakfast

Served 10am–11.30am

### The full Cornish £9.95

Dry-cured bacon, sausage, hog's pudding, free-range fried egg, grilled field mushroom, vine tomatoes, homemade baked beans and toast (df\*) (gf\*)

### Vegan breakfast £8.95

Crushed avocado on toasted molasses bread with grilled tomato, field mushroom, herb oil and balsamic reduction (vgn) (v) (gf\*) (df)

Vegetarian rather than vegan?  
Add a poached egg for just **£1.00** (v) (gf\*) (df)

### Artisan sourdough toast with free-range eggs £4.95

A choice of: poached, scrambled or fried (v) (gf\*)

Add Cornish smoked salmon for **£2.50**

### Warm artisan ciabatta roll £4.95

A choice of: local pork sausages, dry-cured bacon (gf\*) and Cornish free-range eggs (v) (gf\*)

Add any extra topping from above for **£1.50**

### Homemade fluffy pancakes £5.95

Caramelised banana and maple syrup (v)  
Berries, honey and yoghurt (v)  
Dry-cured bacon and maple syrup

### Artisan sourdough toast £2.95

Brown molasses or white with Cornish butter and your choice of homemade jam or marmalade (v) (gf\*) (df\*)

## today's roast

Served from 12 noon

Each Sunday we focus on a different locally sourced and reared roast, always served with crispy roast potatoes, fluffy Yorkshire pudding and seasonal vegetables.

We also offer a vegetarian roast each week.

### Standard roast £11.95

### Small roast £8.95

Please see the specials board for details of this week's roast.

## lunch

Served from 12 noon

### Light bites

#### Soup £5.25

Ours changes daily, is dairy and gluten free and can be found on the specials board (v) (vgn) (df) (gf\*)

#### Trio of dips £7.95

Beetroot and walnut pâté, chickpea hummus and a black olive tapenade, served with artisan flatbread (v) (gf\*) (df)

### Famous Trebah flans

#### Ham flan £7.95

A shortcrust pastry flan of honey and mustard glazed ham, broccoli, leek and Davidstow cheddar, served with today's slaw and salad garnish

#### Butternut squash flan £7.95

A shortcrust pastry flan of roasted butternut squash, spinach and Gorgonzola (v)

## Please see our daily specials board

### Classic main plates

#### The vegan burger £9.95

A homemade spiced carrot, courgette and nut burger topped with sliced avocado, crisp lettuce and a tomato and coriander relish, served in a brown ciabatta with chips (contains nuts) (vgn) (v) (gf\*) (df)

#### Locally produced beef burger £11.95

Griddled Cornish steak burger topped with pickled gherkin, sliced tomato and crisp lettuce in a soft brioche bun with chips (gf\*)

Add a topping for **£1.25**

Davidstow cheddar  
Crisp bacon  
Gorgonzola

#### Fish and chips £12.95

Cornish coast haddock in crisp Korev beer batter, with crushed minted peas, tartare sauce and chips (gf\*)



## side orders

Chips (v) (vgn\*) (df) £2.95

Davidstow cheddar cheesy chips (v) £3.95

Side salad (v) (vgn\*) (gf) (df) £3.50

Artisan bread and Cornish butter (v) £2.95

Artisan bread with balsamic vinegar £3.25

and olive oil (v) (vgn) (gf\*) (df)

Gluten-free bread roll with Cornish £1.75

butter (v) (gf)

Homemade slaw of the day (v)(gf) £2.50

Potato salad (v) £2.50



## children

Soup of the day £3.95

With artisan bread (vgn) (v) (gf\*) (df)

Homemade hummus £4.95

Chickpea hummus with carrot sticks and flatbread dippers (vgn) (v) (gf\*) (df)

Fish and chips £6.95

Cornish coast haddock in a crisp batter with chips (gf\*) (df)

Macaroni cheese £6.95

Baked pasta made with Cornish Davidstow cheddar (v)

Artisan flatbread pizzas £6.50

With homemade tomato sauce and a choice of toppings:

Mozzarella (v)

Ham and pineapple

**Symbols key** (v) vegetarian / (vgn) vegan / (vgn\*) vegan on request / (gf) gluten free / (gf\*) gluten free on request / (df) dairy free / (df\*) dairy free on request  
Whilst we offer a selection of gluten free and nut free items, these are not prepared in a totally gluten or nut free environment.