

# Trebah Kitchen

At Trebah Kitchen, 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.

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.

We strive to make provision for as wide a variety of dietary requirements as possible.

## Breakfast

Available 10am - 11.30am

### Cornish breakfast £11.95

Sausage, bacon, tomato, mushroom, hash browns, fried or poached egg, toasted rosemary and sea salt focaccia

### Smoked salmon £11.95

Poached free range eggs with Cornish smoked salmon on toasted brioche with lemon and dressed pea shoots

Add any extra filling from above £1.50

Add a hash brown (v)(vgn) £1.20

### On-the-go ciabattas £5.45

Choose to fill your Da Bara Bakery white or brown artisan rolls with:

Local bacon (gf\*)(df\*)

Herby Cornish sausages (df\*)

Free range St Ewe egg (v)(gf)

Homemade chickpea, sweetcorn, coriander and chilli pattie with guacamole and tomato relish (vgn\*)(v)(gf\*)(df\*)

## Pasties

Available from 11.30am

Treat yourself to a locally-made pasty. Pasties are the perfect portable food, that's what makes them a Cornish staple. Grab yours and take it on your own adventure in the garden.

Prime Cornish steak £5.50

Davidstow cheddar cheese and leek (v) £5.50

## Hot drinks

Freshly ground filter coffee £2.45

Cappuccino £3.20

Latte £3.20

Americano £2.95

Mochaccino £3.35

Espresso £2.45

Espresso machiato £2.65

Flat white £2.85

Babyccino £0.75

Oat or soya milk £0.50

Breakfast tea £1.95

Tregothnan Cornish tea £2.30

Speciality teas £2.25

Chai, chamomile, decaffeinated, earl grey, green, rooibus, peppermint, wild berry

Belgian hot chocolate £2.85

## Cold drinks

Cornish still or sparkling spring water £1.80

Cornish Orchards juices £2.80

Apple, lemonade, elderflower

Fentimans natural botanical drinks £2.90

Orange, rose lemonade, ginger beer

Orange or apple juice carton £1.30

Milkshake carton £1.50

Chocolate, strawberry or banana

Coke, diet coke, coke zero £1.95

## Tasty home-baked treats

Fresh cakes, slices and scones produced daily, put the jam on first - you are in Cornwall!

Cornish cream tea £7.95

Two scones, Boddington's strawberry jam, Rodda's cream and tea for one

Lemon and blueberry drizzle cake £3.95

Carrot, pistachio and coconut cake (gf)(df) £3.95

Banana teacake (df) £3.95

Apricot and almond slice (df) £2.75

Triple chocolate brownie (gf) £2.75

Fruity, seedy flapjack (df) £2.50

Cornish ginger fairings £2.50

Shortbread £2.50

### Dietary symbols:

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

# Lunchtime classics

Available 12pm - 3pm

## Soup of the day £5.95

A hearty homemade soup served with rosemary and sea salt focaccia and Cornish butter (vgn\*)(v)(gf\*)

## The famous Trebah flan £8.95

We've been serving our famous flans since the garden opened to the public over 30 years ago, choose from:

### Ham flan

Honey and mustard ham with shallots, chives and Cornish yarg

### Vegetarian flan

Roasted sweet red and yellow peppers with feta, sunflower and pumpkin seeds and basil pesto (v)

Both served with homemade slaw and dressed salad

## Ciabatta sandwiches £5.50

Looking for something simple? Look no further! Our sandwiches come in a choice of white or brown artisan ciabatta, choose from;

**Egg & spring onion mayonnaise** (v)(gf\*)(df\*)

**Honey & mustard glazed ham and salad** (gf\*)(df\*)

**Davidstow cheddar with homemade apple and chilli chutney** (v)(gf\*)

**Cajun free range chicken and red onion with sweetcorn and rocket** (gf\*)(df\*)

**Locally smoked salmon with cream cheese and pickled cucumber** (gf\*)

Burts West Country hand cooked potato chips £1.50

Sea salt & malt vinegar

Mature cheddar & spring onion

Sea salt

## Tiny Trebah

Smaller portions for smaller people

**Cornish coast haddock and chips** (gf\*)(df) £7.50

**Locally-made sausage and chips** £6.95

**Homemade hummus** with carrot sticks and flat bread dippers (vgn)(v)(gf\*)(df) £5.25

**Homemade soup of the day** with half a brioche bun (vgn)(v)(gf\*)(df) £4.45

## Burgers

**Trebah hand-pressed burger and chips** £12.95

Made with prime Cornish beef steak, served in a fresh brioche bun with sliced tomato, gherkin and crisp cos lettuce and a sturdy side of Trebah chips (gf\*)(df\*)

Make your burger even more decadent by adding:

Crispy Cornish bacon £1.25

A wedge of tangy Davidstow cheddar cheese (v)(gf) £1.25

**Falafal burger** £10.95

Chickpea, sweetcorn and coriander pattie with spicy tomato relish and crème fraîche, topped with watercress and served on a brioche bun with a sturdy side of Trebah chips (vgn\*)(v)(gf\*)(df\*)

## Classics

**Cornish coast haddock and chips** £12.95

The freshest local fish in a crisp Korev beer batter served with homemade chips, tartar sauce and a slice of lemon (gf\*)(df\*)

**Trebah super salad** £9.95

Broccoli, sweet potato and quinoa salad with roasted sweet yellow and red peppers, topped with avocado, toasted pumpkin and sunflower seeds, dressed in a balsamic lime and chilli dressing (vgn)(v)(gf)(df)

Add crumbly feta (v)(gf) £2.00

## Sides

**Trebah homemade chips** (vgn\*)(v) £3.95

**Cheesy Trebah chips** £4.95

Our homemade chips topped with melted Davidstow Cheddar (v)(gf)

**House salad** £3.50

Dressed local leaves, fresh herbs and other seasonal treats (vgn)(v)(gf)(df)

**Lunch boxes for little adventurers** £5.95

A takeaway box containing a small half brioche sandwich, flapjack, fresh fruit, crisps and a fruit juice

Choose from **cheese** (v)(gf\*), **ham** (gf\*) or **hummus** (vgn)(v)(gf\*)(df)