

# 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

### On-the-go ciabattas £5.95

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)

Bean, parsnip and carrot pattie (v)(vgn\*)

## 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

### Plum and lemon polenta cake (gf) £3.95

### Guinness and chocolate cake £3.95

### Pear and ginger cake (vg) £3.95

### Triple chocolate brownie (gf) £2.75

### Seeded flapjack (df) £2.55

### Trebah slice £2.55

### Shortbread £2.55

### Pistachio and orange biscotti £2.55

### Homemade biscuits £2.55

## Hot drinks

Freshly ground filter coffee £2.50

Cappuccino £3.25

Latte £3.25

Americano £3.05

Mochaccino £3.40

Espresso £2.50

Espresso machiato £2.70

Flat white £2.95

Babyccino £0.85

Oat or soya milk £0.55

Breakfast tea £1.95

Tregothnan Cornish tea £2.35

Speciality teas £2.30

Chamomile, decaffeinated, earl grey, green, rooibus, peppermint, wild berry

Belgian hot chocolate £2.95

## Cold drinks

Cornish still or sparkling spring water £1.85

Cornish Orchards juices £2.95

Apple, lemonade, elderflower

Fentimans natural botanical drinks £2.95

Orange, rose lemonade, ginger beer

Orange or apple juice carton £1.35

Milkshake carton £1.55

Chocolate, strawberry or banana

Coke, diet coke, coke zero £1.95

## Alcoholic beverages

Korev lager £4.25

Betty Stogs ale £4.25

Cornish Orchards Cider £4.25

Glass of wine £6.25

Bottle of wine £22.00

### Dietary symbols:

(v) vegetarian / (v\*) vegetarian on request /

(vgn) vegan / (vgn\*) vegan on request /

(gf\*) gluten free on request / (df) dairy free /

(df\*) dairy free on request

## Lunchtime classics

Available 12pm - 2pm

### 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:

#### Meat flan

Ham and wild mushroom, toasted pumpkin seeds and sunflower seeds with Davidstow Cheddar

#### Vegetarian flan

Goat's cheese, roasted garlic, red onion, butternut and thyme (v)

Served with seasonal slaw and dressed salad

### Ciabatta sandwiches £5.55

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

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

**Davidstow cheddar with red onion marmalade and water cress** (v)(gf\*)

**Roasted chicken, mango and poppy seed curried mayonnaise with rocket**

**Locally smoked salmon with prawn marie rose and pea shoots**

**Roasted Mediterranean vegetables hummus and balsamic glaze and rocket** (vgn)

**Roasted beef with horseradish and apple celeriac remoulade salad**

Burts West Country hand cooked potato chips £1.55

**Sea salt & malt vinegar**

**Mature cheddar & spring onion**

**Sea salt**

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Please have your table number to hand when you come up to the counter to order

## Sunday Lunches

Our extra special Cornish Sunday Roast is back at Trebah Kitchen.

Each week will focus on a different locally-reared meat supplied by traditional quality butcher Brian Etherington.

We use only the freshest local vegetables and every roast is served with a delicious homemade Yorkshire pudding!

Please see the specials board for this week's meat and vegetarian choices.

Available on a first-come-first-served basis.

**Standard roast £12.95**

**Small roast £9.95**

**Homemade dessert £6.25**

### Sides

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

**Cheesy chive chips £4.95**

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

**Messy chips £7.95**

with crisp bacon, jalapeños and Davidstow Cheddar, finished with chives and sour cream (v\*)

**Winter side salad** (vgn\*)(v) £4.95

### Tiny Trebah

Smaller portions for smaller people

**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)

**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