

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

Vegetarian breakfast £11.95

Parsnip and bean spiced pattie, tomato, mushroom, hash browns, fried or poached egg, toasted rosemary and sea salt focaccia (vg*)

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 £5.95

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*)

Homemade pancakes £7.95

Choose from

Plain with caster sugar and lemon

Bacon and maple syrup

Caramelised bananas

Eggs on toast £7.95

Choose from **poached**, **fried** or **scrambled**

Toast £3.95

with homemade marmalade or Boddington's jam (df*)

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

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

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

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)

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 £1.35

Blue cheese £1.35

Bean, parsnip and carrot burger £11.95

Infused with chilli, basil and coriander, topped with a red cabbage, apple & caper remoulade, watercress, lettuce, tomatoes and gherkins. Served in a brown ciabatta with homemade sweet potato fries. (v)(vgn*)

Classics

Cornish coast haddock and chips £13.95

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

Winter vegetable gratin £10.95

With leeks, wild mushroom and squash in a rich Davidstow Cheddar mustard and white wine sauce, finished with a crisp herb crumb and dressed winter salad

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

Dietary symbols:

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

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