

# HANDCRAFTED ICE CREAM USING FRESH CORNISH MILK AND CREAM YOU CAN'T GET MORE LOCAL THAN THAT!

#### **ICE CREAM**

COFFEE

CHOOSE FROM OVER 30 FLAVOURS AND CHECK OUR SPECIALS BOARD FOR NEW ADDITIONS

WE MAKE OUR OWN PLANT BASED OPTIONS TOO

KIDS SINGLE DOUBLE TRIPLE 2.00 2.75 4.25 5.50

FLAKE - OREO - FUDGE 0.50 TASTER CONE 0.50

SPECIALITY CONE 0.50 PIC AND MIX 0.50

FREDDO FROG 0.30

FREDDO'S SUNDAE 5.00

2 scoops of ice cream, whippy cream, plus toppings, hot choc tap

HOT BEGIAN WAFFLES 5.00

choice of ice cream with toppings, whippy cream and hot choctap

DOG ICE CREAM 2.50

WE HAVE A WIDE SELECTION OF CONES AND ECO FRIENDLY TUBS FOR YOUR ICE CREAM

**GLUTEN FREE** AND **DAIRY FREE** OPTIONS AVAILABLE



#### **MILKSHAKES**

CHOSE FROM OUR WIDE RANGE OF ICE CREAM FLAVOURS

with sauce and whippy cream

SMALL Regular

4.00 5.00

### **SMOOTHIES**

SEE OUR SMOOTHIES BOARD AND CHOOSE 4.00 blended with fresh apple juice

ADD maca, chia or beetroot powder 0.50

SUNDAY COLLAB FRESHLY GROUND ECO-FRIENDLY GREEN ROOM BLEND

ESPRESS0	2.00	MOCHA	3.00
AMERICANO	2.30	AFFOGATO	4.50
FLAT WHITE	2.50	espresso poured over ice cream of your choice	
LATTE	2.50	BABYCCINO	1.50
CAPPUCCINO	2.50	ICED COFFEE	4.00
HOT CHOCOLATE	2.50	ADD A SHOT OF SYRUP	0.50
ADD WHIPPY CREAM		decaf available too!	
AND MARSHMALLOWS	0.50	. , , , , , , , , , , , , , , , , , , ,	•

TEA

ENGLISH BREAKFAST - EARL GREY - GREEN - DECAF

PUKKA FRUIT TEAS

2.00

mint, lemon and ginger, berry

#### **COLD DRINKS**

CANS - JUICE - BOTTLED WATER (STILL - SPARKLING) 1.00 coke, coke zero, diet coke, sprite, fanta

SAN PELIGRINO - CAWSTON PRESS 1.50 ICED TEA - APPLETISE 2.00

## **PLANT BASED**

PLANT BASED ALTERNATIVES ARE ALWAYS AVAILABLE we won't charge you extra for your choice!

CHOOSE FROM SOYA, OAT, OR COCONUT MILK

PLEASE SEE FLAVOUR BOARD OR ASK FOR OUR ICE CREAM AND SORBET SPECIALS











#### EAT IN OR TAKE AWAY

SNACKS HOT FOOD LUNCHES

#### PANINIS AND SANDWICHES

HOLY GUACAMOLE avocado, chilli jam plant based mayo + salad

prant basea mayo + sacaa

TRIO TRICOLORE mozzarella, pesto, tomato basil, spinach + salad

BRIE AND BERRY brie, cranberry + salad

CHEESE AND VEGAN HAM vegan cheese available

CHEESE AND PICKLE vegan cheese available

HOUMOUS AND SALAD does what it says on the tin

 SANDWICH
 4.00

 TOASTIE
 4.50

 PANINI
 5.50

SALAD INCLUDED - leaves, tomatoes, cucumber, olives, red onion, sundried tomatoes, crispy onion and seasoning

#### OPTIONAL DRESSINGS

balsamic glaze, plantbased mayo, sriracha

ADDITIONAL FILLINGS - EACH

mozzarella, brie, avocado, hormous,

cheddar, plantbased cheese

all made fresh to order!

#### **SALADS**

On a bed of fresh salad leaves & rocket we add avocado, cucumbers, tomatoes, olives, sundried tomatoes, crispy onion, houmous and dressing

ADD MOZZARELLA, BRIE, CHEESE OR VEGAN HAM if you fancy

6.00

#### **CORNISH CREAM TEA**

2 FRESH CORNISH SCONES AND A POT OF TEA
with jam and clotted cream
5.50

CREAM TEA FOR TWO 10.00

### **CAKES AND SNACKS**

SLICE OF CAKE 2.50

HOMEMADE BROWNIES AND BLONDIES 2.50

KETTLE CRISPS 0.90

TOAST 2.00

2 slices with butter and jam, marmalade or

#### DON'T FORGET ICE CREAM CAN BE A SNACK TOO

check the daily specials board ...

#### PAYMENT TAKEN UPON ORDER AT THE COUNTER







marmite