

Ordering open times: 8:30am-4pm

# MENU

Delivery open times: 9:30am-5pm

## Start the day

### Breakfast Baps

Local back bacon	
Local pork sausage	£3.95
Veggie sausage (v) (V)	
Mega Bap – bacon and sausage	£5.50

### Smoothie Bowls **£5.00**

**Intense fruit base with fuller consistency packed with nutritious toppings.**  
Choose from our selection... →

### Pastries (fresh each day)

Croissant	£2.00
Pain au chocolat	£2.50
Pain au raisin	£2.50

### Porridge Pots (gf)

(V) – options available	
7 Delicious Flavours	£2.50
with free dollop of honey or fruit or granola	50p each

### A little of what you fancy **£2.50**

Banana and coconut cake (V)	
Carrot cake (V)	
Malteser tiffin	
Rocky road	
Salted caramel flapjack	
Millionaire slice	
Chocolate brownie	
Triple chocolate muffin	
Lemon and white chocolate muffin	

### And the rest ...

	kids	regular
Great hot chocolate	£2.00	£2.50
Sumptuous hot chocolate	£2.95	£3.95
Babyccino	£2.00	-----
Cans		£2.00
Water		£1.50
Coconut water		£2.50
Juice carton		£1.00
Crisps, Kitkat, Twix, M&Ms		£2.00

## Fantastic Fruits – easing your way to five a day

### Smoothie Bowls (V) **£5.00**

**For extra taste and revitalisation, all served fresh in a tub.**

Zing up your **Sunset** with fresh strawberry, coconut slices and dried banana and cranberries.

Make your **Sunrise** brighter with fresh blueberries, coconut slices and dried banana and mango.

A **Very Berry** is even better with fresh raspberries, chia seeds and dried banana and cranberries.

Your **Green Goddess** will be more envious with fresh raspberries, chia seeds and dried banana and goji berries.

Speed your **Recovery** with fresh strawberries and granola with dried banana and goji berries.

Strengthen your **Paddle Power** with fresh blueberries, mixed chopped nuts, and dried banana and mango.

### Smoothies (V) **£4.00**

**Sunrise** : passionfruit, pineapple, mango, banana, vegan protein.

Rich in electrolytes aiding muscle recovery.

**Sunset**: papaya, pineapple, mango

Fresh taste sensation.

**Green goddess** : spinach, pineapple, banana, mango and lime, linseeds.

Packed with fibre, allowing a slower energy release.

**Paddle power** : acai, strawberry, blueberry, mango, chia seeds.

Energy giving with powerful antioxidants

**Very Berry** : blackcurrant, blackberry, banana and blueberry.

Dark, intense, refreshing.

**Recovery** : goji berries, pumpkin, carrot, orange, ginger, mango, turmeric.

Loaded with vitamin A and beta carotene.

## A little more - to keep hunger at bay

### Succulent Toasties **£5.95**

**Cornish Croque Mister** – Cornish cheddar, gouda and ham

**Tuna Melt** – Tuna, Cornish cheddar, gouda, mayo and spring onion

**Corker** – Garlic mushrooms, Cornish cheddar, chilli and spring onion (v)

**Hey Pesto** – Mozzarella, red pepper and green pesto (v)

**Mousetrap** – Cornish cheddar and gouda (v)

**Porker** – Cornish brie, bacon and cranberry

### Fresh Wraps – all served with a vibrant mixed leaf salad **£4.95**

**Chicken** – Strips of succulent chicken breast, tossed in a BBQ sauce, inside a tortilla wrap.

**Falafel** – Moroccan inspired falafel, dressed with vegan mayo and siracha sauce, served in a pumpkin wrap. (v) (V)

**Feta** – Cubed feta, black olives and cherry tomato with a drizzle of balsamic vinegar in a beetroot wrap. (v)

### Fabulous Flatbreads **£4.95**

**Mango** – Cornish cheddar, gouda, mango chutney, spring onion and green chilli. (v)

**Halloumi** – Halloumi slices, roasted red peppers and a drizzle of sweet chilli sauce. (v)

### Buddha bowls **£7.50**

Feast on a fantastic salad with a blend of grains and veggies. (v) (V) – options available

### Fantastic Fish Finger Bap **£7.95**

Chunky MSC certified gourmet fish fingers, fresh watercress and tartare in a soft potato bap. You are near the sea....

Phone  
**01637 861529**

## Whenever it's needed

### Coffee

Ask for coconut, oat or soya milk if preferred – at no extra cost.

Latte, steaming hot or iced	£3.25
Cappuccino	£3.25
Flat White	£2.95
Americano, steaming hot or iced	£2.75
Espresso	£2.00
Cortado	£2.75
Macchiato	£2.45
Affogato	£3.50
Mocha	£3.25
Iced Frappe	£3.25
Vanilla, caramel, hazelnut or gingerbread syrups	50p

### Teapigs Tea **£2.50**

Everyday Blend, Earl Grey, Peppermint, Mao Feng Green, Camomile or Superfruit

## Beach Box Gelato

Made fresh daily in our own kitchen, gelato contains less fat, less sugar and less air than ice cream – giving a denser, creamier, more intense flavour. Treat yourself. What's not to like?

Wider range of incredible flavours at the container – flavours vary.

In tubs, chocolate, vanilla or strawberry sorbet (V) available for delivery.

1 scoop **£2.95**

2 scoops **£4.50**

Or create a stupendous milk shake (alternative milks available) **£4.00**

(V) – options available.

## YOU ORDER. WE DELIVER.

Minimum spend of £20, otherwise delivery charge of £3.50 applied.

Can only call a minimum of 1 hour before your desired delivery timeslot. Pay at time of order.

No discounts can be used in deliveries

Deliveries to Mawgan Porth beach only.

COVID 19; our beach deliveries will eliminate the need for queuing and minimise contact with others.