



FROM THE COUNTER

Freshly baked croissants and breads
from Cornwall's Baker Tom

Homemade pastries, cakes & bakes
from Zoe at Bryher Bake Box

Yoghurt and granola pots

A selection of fresh juices, smoothies,
tea & coffee - see reverse

TO START THE DAY

(SERVED 9AM - 11AM)

Cornish natural yoghurt granola pot	4	Sourdough toast with butter and Cornish strawberry jam, marmalade or honey	3.5
Avocado on sourdough toast with cherry tomatoes, tarragon, dill & poached eggs	10		

DELI SANDWICHES

(SERVED 11AM - 3PM)

Served with seasonal salad and fries

Avocado & cherry tomato salsa on toasted ciabatta with pickled red onions, tarragon & halloumi (v/vo)	14	Cornish cheddar & caramelised red onion sourdough toastie with tarragon & onion seeds (v)	14
White Bryher Crab on granary with lemon & caper mayo, beef tomato & Tresco rocket	14	Children's cheese or ham toastie with fries & salad	6

[Gluten free bread available]

SALAD BOWLS (v/vo)

(SERVED 11AM - 3PM)

Heritage tomato & sumac spiced onions with mangetout, pine nuts, fresh basil, mint, lamb's lettuce & pesto dressing	15	Quinoa & heritage carrots with coriander, tenderstem broccoli, red cabbage, toasted cashews, spinach, ginger & orange dressing	15
--	----	---	----

PICNIC ESSENTIALS

Daily salad bowls & deli sandwiches

Fresh artisan bread & pastries from
Baker Tom (Cornwall)

Cakes and treats from Zoe Dan at
Bryher Bake Box (Scilly)

Milk & yoghurt from Troytown Farm,
St Agnes (Scilly)

Creamy vanilla whipped soft-serve ice
cream from Cornwall [Add chocolate
or vanilla fudge sprinkles from
Bryher's Veronica Farm]

Grab a cool bag & recyclable ice pack
to keep everything fresh for the day

TEA & COFFEE

Abbey Garden fresh leaf tea, Cornish Origin Coffee & loose-leaf Canton Teas

Canton English Breakfast Tea	3.5	Classic Hot Chocolate	3.5
Canton Earl Grey Tea	3.5	Add marshmallows & cream	0.5
Canton Green Boost Tea	3.5	Espresso	
Freshened with mint, boosted with ginger, ginseng, rosemary & liquorice root		Our signature house blend; notes of dark chocolate, fudge & dark sugar	
Canton Ginger Soothe Tea	3.5	Espresso	2.5
Inspired by Ayurvedic traditions, with ginger root, fennel seeds & liquorice root		Macchiato	3
Tresco Abbey Garden Lemon Verbena	3.5	Piccolo	3
Tresco Abbey Garden Fresh Mint	3.5	Long black	3
Chai Latte	3.5	Flat white	3.5
Made with organic oat milk		Cappuccino	3.5
		Latte	3.5
		Iced Coffee	3.5
		Add Vanilla/caramel/hazelnut syrup	0.5
		[Organic soy, coconut, almond & oat milk available]	

SMOOTHIES, JUICES & SOFT DRINKS

Fresh Fruit Smoothies	4.5	Organic Gusto Sodas	3.5
See board for today's blends		Fiery Ginger, Naturally Slim Cola, Blood Orange, Lemon with fresh Yuzu	
Jarr Organic Kombucha	4	Bumblezest Shots	4
Ginger, Passionfruit, Raspberry		Ginger & Turmeric, Matcha & Ginseng, Chamomile & Spirulina	
Flawsome Cold Pressed Juice	3.5		
Orange, Apple & Strawberry/Apple			

ORGANIC WINES

All are vegan, vegetarian and organic | Served by the glass (175ml)

Cava Brut Reserva Organic, Bodegas Sumarroca (125ml)	8	Chaval Blanco, 'Ecologica' Bodegas Nodus, Spain	7
Those who adore Champagne's classic fresh bread-scented yeasty flavours will love this organic Cava		Bright and prettily floral organic Chardonnay/Moscatel blend, with hints of crisp apple and ripe pear	
Château L'Escarelle, Côteaux Varois en Provence Organic Rose (175ml)	8.5	Chaval Bobal, 'Ecologica' Bodegas Nodus, Spain	7
Pale pink and exquisite		Delicious juicy organic red	

BEERS & CIDERS

Scilly Cyder, Westward Farm, St Agnes	5	Minnehaha Pale Ale, Ales of Scilly, St Mary's	5
Traditional method lightly sparkling dry cyder, made with St Agnes apples		A light IPA with an orange citrus hop finish from Scilly's only brewery	
Cornish Organic Cider, Trevibban Mill, Padstow	5.5	Cornish Organic Lager, Atlantic Brewery, Newquay	5.5
Made from Organic apples grown on the north Cornwall coast (still/sparkling)		Brewed at Stuart Thomson's certified organic smallholding	