



FROM THE COUNTER

Freshly baked croissants and breads
from Cornwall's Baker Tom

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

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

TO START THE DAY

(SERVED 8:30AM - 11AM)

Cornish natural yoghurt & strawberry purée 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	Cornish smoked back bacon ciabatta	7

DELI SANDWICHES

(SERVED 11AM - 3PM)

Served with seasonal salad and fries

Cornish cured ham on granary with wholegrain mustard mayo & Tresco rocket	14	Cornish cheddar & caramelised red onion sourdough toastie with tarragon & onion seeds (v/vo)	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

(SERVED 11AM - 3PM)

Heritage tomato & sumac spiced onions with mangetout, pine nuts, fresh basil, mint, lamb's lettuce & pesto dressing (v/vo)	15	Quinoa & heritage carrots with coriander, tenderstem broccoli, red cabbage, cashews, spinach, ginger & orange dressing (v/vo)	15
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PICNIC ESSENTIALS

Daily salad bowls & deli sandwiches
Baker Tom bread & pastries (Cornwall)
Bryher Bake Box treats (Scilly)
Troytown Farm milk & yoghurt (Scilly)
Grab a cool bag & recyclable ice pack
to keep everything fresh for the day

SOMETHING SWEET

Creamy vanilla whipped soft-serve ice cream (Cornwall)	3
Add chocolate or vanilla fudge sprinkles from Bryher's Veronica Farm	0.6

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

BEERS & CIDERS

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