

Day Menu

Breakfast served from 9am - 11am

Lunch served from 12pm - 2pm

Afternoon snacks served from 2pm - 5pm

Hot or cold drinks & sweet treats available 9am - 5pm



Breakfast Menu

Served from 9am - 11am

Cornish Breakfast

All served with white or brown toast (GFO)

Cornish breakfast (GFO)

Cornish sausage, local bacon, Cornish free range egg, hogs pudding, baked beans, grilled tomato, flat mushroom & hash brown

Small £11

Large £13

Double up on sausages, bacon, eggs, hash browns & toast

Vegan breakfast (VG/GFO)

Vegan sausage, grilled tomato, guacamole, flat mushroom, baked beans & hash brown

Small £11

Large £13

Double up on vegan sausages, tomato, mushroom, hash browns & toast

Add fried egg +£1.50

Fried, scrambled or poached eggs - specify your choice when ordering

Please note, we're unable to substitute breakfast items

Breakfast Rolls

Locally sourced meat & eggs, served in a soft bap roll

Cornish free range fried eggs (V/GFO) £5.25

Local bacon (GFO) £5.50

Cornish sausage £5.50

Vegan sausage (VG) £5.50

Bacon & sausage £7

The Big Breakfast Roll (GFO) £9

Local bacon, Cornish sausage, hash brown & free range fried egg

The Big Breakfast Vegan Roll (VG/GFO) £8

Vegan sausage, flat mushroom, guacamole & hash brown

Add fried egg +£1.50

Children's Breakfast

Cereal box & milk (V) £2.50

Rice Krispies | Crunchy Nut | Cornflakes | Coco Pops

Beans on toast (VGO/GFO) £5

Eggs on toast (V/GFO) £5

Fried, scrambled or poached eggs - specify your choice when ordering

Local bacon bap (GFO) £5.50

Cornish sausage bap (VGO/GFO) £5.50

Lighter Options

Wild mushrooms (V/GFO)	£10.50
Wild mushrooms with eggs & spinach on sourdough	
Guacamole & eggs (V/GFO)	£10.50
Guacamole & scrambled eggs on sourdough, with watercress	
Eggs florentine (V/GFO)	£11
Poached eggs, wilted spinach & hollandaise sauce, served on sourdough	
Eggs benedict (GFO)	£12
Poached eggs, parma ham & hollandaise sauce, served on sourdough	
Eggs royale (GFO)	£14
Poached eggs, smoked salmon & hollandaise sauce, served on sourdough	
Smoked salmon & scrambled eggs (GFO)	£14
Smoked salmon mixed with scrambled eggs & chives, served on sourdough	
American style pancakes, with maple syrup (V)	£7
+ Fresh berries (V)	£3
+ Local bacon	£2
Toast & jam or marmalade (V/GFO)	£3
White or brown toast with local jam or marmalade	

Hot & Cold Drinks

Espresso	£2.80
Americano	£3.25
Flat white	£3.35
Cappuccino	£3.50
Latte	£3.50
Mocha	£3.60
Add an extra shot of espresso	+£1.50
Coffee syrup shot	+£1
Hazelnut, vanilla or caramel	£2.50
Pot of tea for one	£2.50
Pot of tea for two	£3.50
Fruit or herbal tea infusions	£3
Earl Grey, Camomile, Peppermint, Green tea, Ginger & Lemon, or Berry infusions	
Hot chocolate	£4
Luxury hot chocolate	£5
With whipped cream & marshmallows	
Glass of Apple or Orange juice	£1.95
Frobishers Apple, Cranberry, Orange or Pineapple	£3.25

See drinks menu or speak to a member of staff for our full menu

Dog menu



Cornish sausage	£1.50
Marshfield Farm 'Scoop's vanilla ice cream for dogs'	£2.50

Lunch Menu

Served from 12pm - 2pm

Wraps

Served with a side salad, coleslaw & crisps

Mediterranean veg wrap (V) £8

Roasted courgette, aubergine, peppers & red onion, with baby gem & pesto mayo

Chicken caesar wrap £10

Grilled chicken, streaky bacon, Caesar dressing, baby gem & parmesan

Pulled pork wrap £10

Pulled pork, baby gem, pickled red cabbage, crispy onions & BBQ mayo

Gluten free sandwich options available on request

Salads

Chicken & bacon caesar salad (GFO) £16

Grilled chicken, streaky bacon, baby gem, Caesar dressing, parmesan & croutons

Superfood salad (VGO) £14

Quinoa, soya beans, kale, spinach, rocket, pickled red cabbage, red onion, mixed nuts, sesame seeds, pumpkin seeds & miso dressing

+ Chargrilled chicken or Halloumi cheese £4

Roasted butternut squash salad (VGO/GFO) £14

Hummus, cherry tomatoes, cucumber, mixed leaves, red onion & toasted almonds, with maple & balsamic dressing

+ Chargrilled chicken or Halloumi cheese £4

Classics

Fish & chips (GFO) £17

Battered local fish served with fries, garden or mushy peas, & tartare sauce

Stable Bar cheese & bacon burger (GFO) £17

Two 3oz smashed beef burgers, topped with melted cheddar cheese, streaky bacon, baby gem, tomato, red onion & burger sauce, served with fries & coleslaw

Buttermilk chicken burger (GFO) £16

Breaded buttermilk chicken fillet topped with melted cheddar cheese, streaky bacon, baby gem, tomato, red onion & garlic mayo, served with fries & coleslaw

Moving Mountain burger (VG) £16.50

Plant based burger, topped with baby gem, tomato, red onion & burger sauce, served with fries & coleslaw

Upgrade your fries to sweet potato fries (GFO) £1.50

V = Vegetarian VG = Vegan

VO | VGO | GFO = Vegetarian | Vegan | Gluten free option available.

Please ask a member of staff.

Pizzas & Loaded Fries

Artisan stone-baked, 12 inch pizzas with a rich tomato & basil sauce, finished with mozzarella

Gluten free pizza bases (+£1.50) & vegan cheese (+£1.50) available upon request

Margherita (V/GFO) £13.50

Pepperoni £15.50

BBQ chicken (GFO) £16

BBQ chicken, sweetcorn & chipotle mayo

Wild mushroom (V/GFO) £17

Wild mushroom, balsamic onions & truffle oil

Mediterranean veg loaded fries (V/GFO) £13

Roasted courgette, aubergine, peppers & red onion, with mozzarella & cheddar cheese, crispy onions & pesto mayo

Pulled pork loaded fries (GFO) £14

BBQ pulled pork, mozzarella & cheddar cheese, crispy onions & BBQ mayo

Coleslaw (VG/GF) £4 **Sweet potato fries (V/GFO)** £6

Onion rings (V/GFO) £5 **Truffle fries (VG/GFO)** £7

Mac & cheese (V) £6 **Garlic pizza bread (V/GFO) 9"** £7

House salad (VG/GFO) £5 **12"** £9

Fries (VG/GFO) £5 **Cheesy garlic pizza bread 9"** £8

Cheesy fries (V/GFO) £6 **(V/GFO) 12"** £10

Children's Menu

Cheddar cheese or chicken wrap (VO) £8

Served with cucumber, carrot sticks & crisps

Tomato pasta (VG) or Mac & cheese (V) £8

9" Margherita or Pepperoni pizza (VO/GFO) £9

Sausage & chips (VGO) £9

Served with beans or peas

Chicken nuggets & chips (VGO) £9

Served with beans or peas

Fish & chips (GFO) £9

Served with beans or peas

Moomaid Cornish ice cream (VO/GFO) £3.50

One scoop of vanilla & clotted cream, strawberry, Belgian chocolate, or sea salt caramel ice cream, served with mini marshmallows & wafer

Roskilly's Cornish non-dairy ice cream (VGO/GFO) £3.50

One scoop of raspberry ripple, chocolate & salted caramel or mango & passionfruit sorbet served with mini marshmallows & a wafer

Afternoon Snacks

Served from 2pm - 5pm

Pizzas

Artisan stone-baked, 12 inch pizzas with a rich tomato & basil sauce, finished with mozzarella. See lunch menu for options

Sides & Loaded Fries

Fries (VG/GFO)	£5	Cheesy garlic pizza	9" £8
Cheesy fries (V/GFO)	£6	bread (V/GFO)	12" £10
Sweet potato fries (V/GFO)	£6	Mediterranean veg	£13
Truffle fries (VG/GFO)	£7	loaded fries (V/GFO)	
House salad (VG/GFO)	£5	Pulled pork loaded fries	£14
Garlic pizza bread (V/GFO)	9" £7	(GFO)	
	12" £9		

Sweet Treats

Hot or cold drinks & sweet treats served from 9am - 5pm

Selection of homemade cakes & tray bakes available daily From £4

Cornish cream tea for one £8

Two Cornish scones, local jam & Cornish clotted cream with a pot of tea

Swap tea for Prosecco £14

Moomaid Cornish ice cream (VO/GFO) £8

Three scoops of: Vanilla bean & clotted cream, strawberry, Belgian chocolate, or sea salt caramel ice cream, served with a wafer

Roskilly's Cornish non-dairy ice cream (VGO/GFO) £8

Three scoops of: Raspberry ripple, chocolate & salted caramel or mango & passionfruit sorbet, served with a wafer

Moomaid Cornish ice cream sundaes (VO/GFO) £10

Choose from honeycomb, Lotus Biscoff, chocolate brownie & Eton Mess. See evening menu for full details

V = Vegetarian VG = Vegan GF = Gluten free

VO | VGO | GFO = Vegetarian | Vegan | Gluten free option available.

Please ask a member of staff.

ALLERGY ADVICE

For information on food allergies and intolerances please speak to a member of staff.

We store produce and display food where allergens are handled and while we try to keep things separate, we cannot guarantee that any item is allergen free.