

# BREAKFAST

SERVED UNTIL 11:15AM

## FULL DUCHY BREAKFAST

Local sausage and dry cured smoked bacon, baked beans, fried or poached organic eggs, portobello mushrooms, herb roasted tomato and local hog's pudding. Your choice of white or granary toast £11.50

## VEGETARIAN BREAKFAST

Portobello mushroom, sautéed spinach, herb roasted tomato, fried or poached organic eggs, baked beans and Duchy garden herb & Dijon mustard potato croquettes. Your choice of white or granary toast (V) £11

## DUCHY EGGS

**Benedict-** Two poached organic eggs, glazed baked ham & toasted English muffin, hollandaise sauce £11

**Royale-** Two poached organic eggs, smoked salmon & toasted English muffin, hollandaise sauce £12

**Florentine-** Two poached organic eggs, Cornish Jack cheese sauce & spinach, white or granary toast (V) £10

**Avocado Wake-Up-** Two poached organic eggs on granary toast with guacamole & Sriracha sauce (V) £11

**Baked Duck Egg-** Baked Terras Farm duck egg, tomato & bell pepper ragout with chorizo £ 11 or wilted spinach (V) £9

## SANDWICHES AND FILLED CROISSANTS

**BLT-** Dry cured & smoked bacon, sliced tomato & cos lettuce on buttered white or granary toast £8

Local sausage sandwich with tomato & bell pepper ragout on buttered white or granary bread £8

Warm Cornish Jack cheese & spinach croissant (V) £7

Chantilly Cornish cream & raspberry filled croissant with toasted almonds (v) £7

## TOAST AND TOPPINGS

Thick cut white or brown toast with a choice of spreads and Trewithen butter (v) £4

### CHOOSE FROM:

Boddingtons jams and marmalade  
Freda's peanut butter  
Marmite  
Chocolate and hazelnut spread  
Lemon curd

# MAINS

SERVED FROM 12 NOON

## SANDWICHES

### CORNISH MIXED CRAB £15

Mixed with lemon crème fraîche and homemade pickled cucumber on thick sliced granary bloomer.

### OPEN 'CORNISH CAPRESE' CIABATTA £10

Cornish goats cheese, plum tomato, basil pesto & shaved red onion. (V)

### OPEN FISH FINGER BLOOMER £11

White fish goujons, sustainably sourced from Looe Day boats, served with crushed pea and tarragon mayo.

### CLASSIC CHICKEN CAESAR £11

Crisp cos lettuce dressed in our homemade Caesar dressing, parmesan and pan fried, free range marinated chicken breast, served in a ciabatta roll.

## SALADS

### GRILLED VEGETABLE & FETA SALAD £12

Grilled vegetables, mixed leaves, cherry vine tomatoes, Kalamata olives and feta cheese.(GF/V)  
(VG upon request)

### SEAFOOD SALAD £20

Carpaccio of heritage tomatoes topped with cured salmon, pickled cucumber, mixed Cornish crab, crispy squid, sun blushed tomatoes and a spiced Marie Rose dressing. Served with granary bread.

### CAESAR SALAD £10 ADD PAN FRIED FREE RANGE CHICKEN £12

Crisp cos lettuce dressed in our homemade Caesar dressing, herb croutons and parmesan.

### BELLY PORK £16

Slow cooked in Cornish cider, rolled belly pork from Kittow's butchers served with glazed shallots, spring onion crushed potatoes and a cider vinegar, mustard and honey dressing, deep fried sage and homemade pork scratchings. (GF)

### FISH CAKES £14

Mixed Cornish fish and crab cakes, remoulade, garnished with crushed pea and tarragon mayo and mixed leaf salad. (GF)

### CAULIFLOWER STEAK £12

Pan fried Cajun spiced cauliflower steak with warm citrus bean and sunblushed tomato salad, topped with guacamole.  
(GF/VG)

### CHICKEN RISOTTO £14

Creamy, leek, pea and pancetta risotto topped with pan fried free range marinated chicken breast. (GF)

### VEGETARIAN TART £12

Roasted vegetables, Cornish brie & garden salad (V)

### BOUILLABAISSE £15

Rich tomato, saffron and fennel flavoured stew with a mixture of Looe day boat fish, finished with Cornish mussels and lemon and crab creme fraiche and served with granary bread.

### PAPPARDELLE AL RAGU £14

Wide Italian pasta noodles, rich tomato, red wine & Cornish beef shin sauce, Cornish Jack cheese & garlic Duchy rosemary bread.

Vegetarian: tomato & bell pepper ragu option available (v) £ 1 0

## PLEASE READ

If you have any dietary requirements or food allergies please ask a member of the team who will gladly supply you with detailed information on our menu items.

All items marked as GF are or can be made upon request, with gluten free ingredients but are not prepared or served in a totally gluten-free environment.

### ALLERGEN KEY:

V-Vegetarian

DF-Dairy free

GF-Gluten free

VG-Vegan

## SIDES

Sautéed seasonal greens, finished with herb oil and parmesan. £ 4

Skinny fries with Cornish sea salt. £ 4

Crushed new potatoes with truffle oil and parmesan. £ 4

Garlic and herb bread. £ 4

Mini Caesar salad. £ 4

## CAKES AND TREATS

### DATE, SALTED CARAMEL AND DARK CHOCOLATE

CAKE £ 5

### VICTORIA SPONGE CAKE £ 5

### ELDERFLOWER AND LEMON CURD CAKE (GF)

£ 4.50

### VEGAN CHOCOLATE CAKE (VG) £ 5

### CARROT CAKE £ 4.50

### BAKEWELL TART (GF/DF) £ 4.50

### CORNISH CREAM TEA (V)

Two freshly baked scones of your choice, Trewithen clotted cream, Boddington's Cornish strawberry or blackberry jam.

Served with tea or coffee £8

### TEACAKE (V)

Toasted with Trewithen butter £3.50

## PUDDINGS

### PANNA COTTA

Vanilla panna cotta with fresh berries, Duchy lavender syrup and biscotti biscuit. £6

### ETON MESS

Traditional Eton Mess with a mix of Trewithen whipped cream, mixed summer berries, and home made meringue (GF/V) £6

### DARK CHOCOLATE TRUFFLE BAR

Lostwithiel seaberry sorbet & toasted hazelnuts

(V/GF) £7

## ICE CREAM

BELGIAN CHOCOLATE  
VANILLA & CLOTTED CREAM  
STRAWBERRY

SHIPWRECK (SEASALT, CARAMEL &  
HONEYCOMB)

PASSION FRUIT SORBET  
LEMON SORBET

RASPBERRY SORBET

£5 FOR 2 SCOOPS, £6.75

FOR 3 SCOOPS  
(GF/V)



DUCHY of CORNWALL  
NURSERY

Tel 01208 872668 Email [cafe@duchyofcornwallnursery.co.uk](mailto:cafe@duchyofcornwallnursery.co.uk)





COFFEE

ORIGIN

Origin are a leading speciality coffee roaster in the UK. Their approach to sourcing is through a philosophical and ethical practice called direct trade; each year they travel across continents, through different countries, meeting generations of farmers in search of incredible coffee. The story behind every cup is unique and they thrive on sharing these stories with you.

|                            |       |
|----------------------------|-------|
| Cappuccino                 | £3.00 |
| Latte                      | £3.00 |
| Americano                  | £3.00 |
| Mocha                      | £3.50 |
| Espresso                   | £2.50 |
| Flat white                 | £3.00 |
| Iced Latte                 | £3.00 |
| Add syrup to any hot drink | £1.00 |
| vanilla - caramel-chai     |       |

All of our coffees come as a double shot and can be made with decaf.

**LARS & MARGO**

Sumatran Organic Single origin batch brew filter  
The wonderful flavours of morjoram and nutmeg with a sweet spice finish. £2.75

Cafetiere ( for 1 ) ( for 2 ) £3.50 £5.50

In order to obtain the best coffee we work carefully with a network of coffee bean farmers, some of which are co-operatives, located around the world. With a passion for their crops and a desire to innovate and experiment, they continue to create outstanding beans of exceptional quality which we are delighted and proud to source and ship over to the UK.

HOT CHOCOLATES

Belgian chocolate buttons steamed with Trewithen dairy milk £3.50  
Choose from dark, milk, or white chocolate

Add a luxurious topping  
Whipped cream, marshmallows and chocolate sauce. £1.50

Add a kick with a shot of Orange Moonshine spirit £3.00

All our hot drinks can be made using skimmed, soya or oat milk at no extra charge.

TEA

Tregothnan

Tregothnan created the first tea gardens in the UK in 1999. Tea thrives in this special microclimate thanks to an 18 metre deep sea creek keeping the temperature close to Darjeeling in India, all year round. In 2005, once the first bushes reached maturity, Tregothnan sold the first truly English cuppa, giving tea a home on British soil for the first time in history.

|   |       |  |
|---|-------|--|
| We are delighted to showcase the selection below. |       |  |
| Great British tea   Earl grey   Green tea         |       |  |
| Lemon verbena   Manuka   Peppermint               |       |  |
| Chamomile   Red berry All £3                      |       |  |
|   |       |  |
| Available upon request                            |       |  |
| Organic Clipper tea for one                       | £2.75 |  |
| Organic decaf   Red bush                          |       |  |

SOFT DRINKS

|   |       |
|---|-------|
| Cornish mineral water (still/sparkling) | £2.50 |
| £4.00                                   |       |
| Polgoon elderflower pressé              |       |
| £3.50                                   |       |
| Navas Cornish ginger beer               |       |
| £3.50                                   |       |
| Polgoon lemonade                        |       |
| £3.50                                   |       |
| Polgoon apple juice                     |       |
| £3.50                                   |       |
| Diet Coke                               |       |
| £3.00                                   |       |
| Squeezed Orange juice                   |       |
| £3.00                                   |       |

**DUCHY NURSERY**  
**SIGNATURE G&T**

A unique botanical yet classic dry gin distilled in small batches from Duchy grown potatoes. When infused with nursery honey, lavender, rose, bay and rosemary the very essence of the nursery is captured within a special, elegant and memorable gin. Served with Cornish tonic water, red apple and rosemary £7

DRINKS

WHITE WINE

|   | 175ML | 250ML | BOTTLE |
|---|-------|-------|--------|
| 2019  |       |       |        |
| Sauvignon Blanc. Vistamar Brisa (V)   |       |       |        |
|   | £6    | £7    | £19    |
| Central Valley. Chile   |       |       |        |
| Grapefruit and green apple.   |       |       |        |
| Fresh and fruity with a clean finish.   |       |       |        |
|   |       |       |        |
| 2018  |       |       |        |
| Chardonnay. Murphy's big river  |       |       |        |
|   | £6.50 | £7.50 | £22    |
| Australia   |       |       |        |
| Passionfruit and mango with hints of honey and vanilla. Rich and creamy with peach and sweet citrus flavours. |       |       |        |
|   |       |       |        |
| 2018  |       |       |        |
| Pinot Grigio. (V)   |       |       |        |
|   | £6.50 | £7.50 | £22    |
| Veneto. Belfiore. Italy   |       |       |        |
| A rich nutty, dry white. Hints of white peach and quince.   |       |       |        |
|   |       |       |        |
|   |       |       |        |
| 2018  |       |       |        |
| Sauvignon Blanc. Brook Ridge (V)  |       |       |        |
|   | £7.50 | £9.00 | £26    |
| Marlborough. New Zealand  |       |       |        |
| Lemon, grapefruit and spices, hint of tropical fruits.  |       |       |        |
|   |       |       |        |
|   |       |       |        |
| 2018  |       |       |        |
| Sancerre. AC. Domaine. Dezat. 2019/20. France. (V)  |       |       |        |
|   |       |       | £30    |
| A wine with truly outstanding depth of taste and richness. Crisp, lively and exhilarating.                    |       |       |        |

BEERS AND CIDERS

|   |  |
|---|--|
| Cornish Orchards Heritage cider (500ml) 5%  |  |
| Full-bodied and gently sparkling with ripe apple flavour. £5.50                           |  |
|   |  |
|   |  |
| Korev (500ml) 4.8%  |  |
| Helles style Cornish lager, with a wonderful pale colour and a clean, crisp, taste. £5.50 |  |
|   |  |
|   |  |
| Dynamite TNT IPA (500ml) 4.8%   |  |
| Crisp easy drinking with bitter hop kick £5.50  |  |

RED WINE

|  | 175ML | 250ML | BOTTLE |
|--|-------|-------|--------|
| 2018   |       |       |        |
| Merlot. Vistamar Brisa. (V)  |       |       |        |
|  | £6    | £7    | £19    |
| Central Valley. Chile  |       |       |        |
| Fruity with rounded tannins leading to a long finish of mature fruits.   |       |       |        |
|  |       |       |        |
| 2017   |       |       |        |
| Rioja Vega. Sin Crianza.   |       |       |        |
|  | £6.50 | £7.50 | £22    |
| Bodegas Muerza. Spain  |       |       |        |
| Soft and fruity with flavours of plums and blackcurrants. Vibrant and juicy.   |       |       |        |
|  |       |       |        |
| 2017   |       |       |        |
| Paparuda Pinot Noir. Estate Selection (V)  |       |       |        |
|  | £7.50 | £8.50 | £23    |
| Romania  |       |       |        |
| Ripe berry fruits, a core of oak ageing and a lively and vibrant character.  |       |       |        |
| Fresh and crunchy with hints of spice.   |       |       |        |
|  |       |       |        |
| 2017   |       |       |        |
| Fleurie. AC. Domaine de La Presle  |       |       |        |
|  |       |       | £32    |
| France   |       |       |        |
| Elegant, full bodied and velvety smooth.   |       |       |        |
| Delightfully fragrant and fruity, with aromas of violets, roses and iris.  |       |       |        |
|  |       |       |        |
| 2015   |       |       |        |
| Rose de Cabernet. Rose.  |       |       |        |
|  | £6.50 | £7.50 | £22    |
| Les Classiques   |       |       |        |
| IGP. Coteaux de L'Ardeche. France  |       |       |        |
| Bright rose petal hues, elegant dry palate with a fresh balance.   |       |       |        |
|  |       |       |        |
|  |       |       |        |
| 2014   |       |       |        |
| Camel Valley Brut. Methode Traditionelle   |       |       |        |
|  |       |       | £50    |
| Cornwall   |       |       |        |
|  |       |       |        |
|  |       |       |        |
| Crisp, fresh, long lasting bubbles. Made and produced just a few miles away from the Duchy Nursery. Granted a Royal Warrant in 2018! |       |       |        |