



Trebah  
Garden

# Menu

## Trebah Kitchen

### Allergies

Our kitchen uses a variety of ingredients which can cause allergic reactions. Whilst every effort is made to avoid cross-contamination it cannot be guaranteed.

### Trebah Kitchen

At busy times there may be a delay between ordering and food arriving at the table. All our dishes are prepared and cooked to order and there may be a limit to dish alterations.

# Breakfast

Served 9.30am - 11.30am

## Full breakfast 15

Sausage, bacon, tomato, mushroom, hash brown, hog's pudding, beans, egg & Da Bara toasted sourdough (gf\*)

## Vegan breakfast 15

Vegan sausage, chickpea fritter, hash brown, tomato, mushroom, spinach, beans & Da Bara toasted sourdough (vgn, gf\*)

Add an egg 2

Add extra items 2

## Breakfast rustic roll 8

Da Bara brown rustic roll; choose from bacon, sausage, egg or vegan sausage (v\*, gf\*)

Add extra items 2

## Toast

Da Bara white sourdough or wholewheat bloomer (v, gf\*)

With butter 4

With jam or marmalade 6

With baked beans 6

With 2 eggs, fried, poached or scrambled 8

## Homemade waffles

Berries & maple syrup (v) 7

Bacon & maple syrup 8

## Homemade treats

Please see the counter for today's selection of fresh cakes, slices & biscuits

## Cornish cream tea 8

Two homemade scones, Rodda's Cornish clotted cream & Halzephron strawberry jam, served with a pot of tea

Upgrade to coffee .75

## Ice cream tubs 3.25

Please see the flavours at the counter

Roskilly's farmhouse

Vibes dairy free (vgn)

# Lunch

Served 12pm - 3pm

## Soup 8

Please see the specials board for our soup of the day. Served with Da Bara wholewheat bloomer & Cornish butter (gf\*, vgn\*, df\*)

## Salads & small plates

### Mushroom & Mozzarella arancini 11.5

Panko-breaded risotto balls with mushroom & mozzarella, dressed leaves & sweet chilli sauce (gf)

### Bacon bubble & squeak cake 11.5

Pan fried cabbage, bacon & potato cake, free range soft fried egg, pesto (gf, df)

### Beef chilli 10.5

Mild beef chilli, homemade nachos, Davidstow cheese, sour cream (gf\*, df\*)

### Pea Risotto 11

Sweet pea risotto & pea shoots (vgn)

Add home-cooked ham 3

### Messy chips 11

Skin-on chips, bacon, Davidstow cheddar cheese, spring onions & Korean BBQ sauce (gf, df\*)

## Hot sandwiches

Served in a rustic roll or a gluten free roll, with dressed leaves

Roast beef, gravy & horseradish (df) 12

Spiced tofu, tomato, lettuce & spicy mayonnaise (vgn) 12

Jerk chicken strips, tomato & lettuce (df) 12

Bacon, brie & cranberry (df\*) 11

## Dietary information & symbols

Our kitchen uses a variety of ingredients which may cause allergic reactions. Whilst every effort is made to avoid cross-contamination it cannot be guaranteed.

(v) vegetarian / (vgn) vegan / (gf) gluten free / (df) dairy free / (\*) available on request  
Please make us aware of any allergies or food intolerances before placing your order.

## Toasted sandwiches

Served in a ciabatta roll with dressed leaves

Honey roasted ham & Davidstow cheese 10

Chicken & mozzarella with pesto & rocket (v, vgn\*) 11.5

Spiced aubergine, cheese & rocket (vgn\*) 10

## Main plates

Chicken tikka masala curry 16

Marinated chicken in spices with fragrant rice & papadum (gf)

Fish pie 15

Cornish white fish in a creamy sauce with peas, topped with cheesy mash & served with seasonal vegetables (gf)

Stuffed porchetta 19

Herb & lemon-stuffed pork belly, creamy mash potato, glazed carrots & red wine jus (gf, df\*)

Vegetarian lasagne & garlic bread 15

Roasted winter vegetables, rich & cheesy cream sauce & pasta, served with dressed leaves & garlic bread (v)

Ham, eggs & chips 14

Honey-glazed ham, two local fried eggs & skin-on chips (gf, df)

Sweet potato tagine 13

Sweet potato, olive & apricot tagine, served with citrus couscous (vgn, gf)

## Sunday roasts

Enjoy a delicious roast here every Sunday. Please ask at the counter for details.

## Trebah's famous flans

All our flans are homemade & served with coleslaw & dressed leaves

Choose from **meat** or **vegetarian** flan

Please see our specials board for today's fillings & prices

## Sides

Skin-on chips (vgn, gf) 5

Cheesy skin-on chips 6

Skin-on chips topped with Davidstow cheddar cheese (v, gf)

Garlic ciabatta 4

Side salad 4.5

Mixed leaves, cucumber, beetroot & house dressing

Homemade coleslaw 4

# Tiny Trebah

Served 12pm - 3pm

Sausage & skin-on chips (df) 8  
Add peas or beans 1.5

Chicken chunks & skin-on chips (gf, df) 8  
Add peas or beans 1.5

Mixed bean chilli with rice (vgn) 8

Vegetarian lasagne & garlic bread 8

Roasted winter vegetables, rich & cheesy cream sauce & pasta with garlic bread (v)

Tiny soup 6

Served with sliced bread & butter. Please see specials board for the soup of the day (vgn\*, gf\*)

Kids lunch bag 7.5

Please see selection at the counter. Box includes sandwich, Pom Bear crisps, carton of juice, fruit & flapjack.

Please have your table number ready to order at the counter