

Breakfast

9am – 11.30am

TRADITIONAL

Stu's Breakfast £15.50

Old English butchers' sausage, smoked streaky bacon, free range egg, seasoned sautéed potatoes, garlic and herb mushrooms, roasted vine tomato, Heinz beans, sourdough toast and butter.

Large £19.50

Extra sausage, bacon and egg.

Nick's Breakfast (NRFW) £13.00

Nick's chunky guacamole on toasted sourdough with two free range poached eggs, hollandaise sauce, a drizzle of chilli oil and fresh coriander.

Add streaky bacon £3.00

Scrambled Tofu on Toast £9.00

Scrambled tofu with tomato, garlic, fresh herbs and spices, served on two slices of sourdough toast with vegan spread.

American Stacked Pancakes £11.50

Three light, fluffy pancakes served with maple syrup and smoked streaky bacon, or fruit compote and cream.

Vegetarian Breakfast £15.50

Veggie sausage, grilled halloumi, free range egg, seasoned sautéed potatoes, garlic and herb mushrooms, roasted vine tomato, Heinz beans, sourdough toast and butter.

Large £19.50

Extra sausage, halloumi and egg.

Free Range Eggs on Toast £9.00

Three free range eggs – fried, poached or scrambled – served on two slices of sourdough toast.

Add Marmite £0.50

Little Ones' Breakfast £8.00

Sausage, egg, beans, and toast.

Veggie/vegan option available

Organic Overnight Oats £10.00

Organic oats soaked overnight in coconut milk, served with coconut yoghurt, fruit compote, cinnamon and grated vegan chocolate.

Vegan Breakfast £15.50

Vegan sausage, scrambled tofu, chunky guacamole, seasoned sautéed potatoes, garlic and herb mushrooms and roasted vine tomato, Heinz beans, sourdough toast and vegan spread

Large £19.50

Extra sausage, tofu and vine tomato.

Deluxe Free Range Eggs on Toast £15.00

Three free range eggs – fried, poached or scrambled – served on two slices of sourdough toast with sliced Avocado and Smoked Salmon.

Toast and Preserves £5.50

Marmite, Tiptree Strawberry or Raspberry Jam or Marmalade.

Dietary requirements?

We're happy to cater for any dietary requirements where we can.

RUSTED STACKED BAGUETTES

Smoked Streaky Bacon Rashers x4 £9.50

Old English Large Butcher's Sausage x2 £9.50

Vegan or Veggie Sausages x3 £9.50

EXTRA ITEMS

Black Pudding £3.00

Old English Sausage £3.00

Smoked Streaky Bacon £3.00

Grilled Harissa Halloumi £3.00

Chunky Guacamole £3.75

Toast & Butter, 1 Slice £2.00

Eggs £2.00

Mushrooms £2.00

Tomato £2.00

Sautéed Potatoes £2.00

Half Sliced Avocado £2.00

9am – 5pm

Stu's Counter

Baked to order – please allow 20 minutes.

Cinnamon Bun £5.50

Triple Chocolate Pain au Chocolat £5.50

Plain Croissant £5.50

Served with butter and jam.

Almond Croissant £5.50

9am – 5pm

Cakes & Traybakes

Please see our daily market specials board for today's cakes, desserts and seasonal specials.

A freshly baked daily selection, including Victoria sponge, carrot cake, lemon drizzle, brownies, rocky road and lots more.

Freshly Baked Scones £4.50

Choose from plain, fruit or cheese Served warm with sea salt butter.

Add Tiptree jam and clotted cream for £3.50

Lunch

12pm – 2/2:30pm

TRADITIONAL

Homemade Veggie Soup of the Moment

Small £7.00
Large £10.00

Served with toasted sourdough and sea salt butter.

Beer Battered Fish Finger Sandwich (FFS)

£16.00

Served in a brioche bun or rustic baguette with chunky tartare sauce, mixed leaves, pickled cucumber and hand-cut seasoned chunky chips.

Mini Fish & Chips

£14.50

Freshly caught mini haddock fillet in a crispy beer batter with homemade tartare sauce, hand-cut seasoned chunky chips, salad garnish and lemon wedge.

Sausage, Egg & Chips

£14.50

Two Old English butchers' sausages, two free range fried eggs and hand-cut seasoned chunky chips.

Steak Frites

£14.50

Locally farmed 4oz minute steak chargrilled to your liking and served with skin-on fries and salad garnish.

Looking for the kids menu?

Please ask for our kid friendly menu choices (and colouring!).

BOWLS

Stu's Buddha Bowls

£13.50

Choose one from:

- Cheddar cheese
- Tuna
- Free range egg
- Herby falafels
- Dry cure butchers' ham
- Marinated chicken
- Halloumi

Served with fresh herby jewelled couscous, dressed mixed leaf salad, vine tomato, pickled vegetables, coleslaw and tzatziki. (Hummus available for Vegan option.)

PLATTERS

Mini Mezze

1 Choice £15.50 2 Choices £21.00

Choose from:

- Mini lamb koftas
- Mini chicken shish
- Herby falafels
- Sweet chilli king prawns
- Grilled harissa halloumi

Served with warm flatbreads, dressed mixed leaf salad, pickled vegetables, coleslaw, tzatziki and hand-cut seasoned chunky chips. Vegan sides are available.

JACKETS

Oven-Baked Crispy Jacket Potatoes

£12.50

Choose one from:

- Chicken Mayonnaise
- Smoked streaky bacon
- Sliced dry-cured ham
- Tuna mayonnaise
- Old English butchers' sausage

And choose two from:

- Grated mature cheddar
- Roasted vine tomato
- Crispy onions
- Heinz beans
- Garlic and herb mushrooms

Served with mixed leaf salad, vine tomato, pickled vegetables and coleslaw.

BAGUETTES

Rustic Baguettes

£12.50

Choose from:

- Chicken mayonnaise
- Smoked streaky bacon
- Sliced dry-cured ham
- Free-range egg mayonnaise
- Tuna mayonnaise
- Old English butchers' sausage
- Mature cheddar

Served with dressed mixed leaf salad, vine tomato, pickled vegetables and coleslaw.

Add small hand-cut chunky chips for £3.00

9am – 5pm

Stu's Counter

Baked to order – please allow 20 minutes.

Cinnamon Bun £5.50

Triple Chocolate Pain au Chocolat £5.50

Plain Croissant £5.50

Served with butter and jam.

Almond Croissant £5.50

9am – 5pm

Cakes & Traybakes

Please see our daily market specials board for today's cakes, desserts and seasonal specials.

A freshly baked daily selection, including Victoria sponge, carrot cake, lemon drizzle, brownies, rocky road and lots more from £4.50.

Freshly Baked Scones £4.50

Choose from plain, fruit or cheese Served warm with sea salt butter.

Add Tiptree jam and clotted cream for £3.50

Supper

5pm – 8:15pm

STARTERS

Sweet Chilli King Prawns

£10.50

King prawns in a garlic, sweet chilli, lime and coriander sauce, served with half a rustic sourdough, sea salt butter, salad garnish and a wedge of lime.

Stu's Zesty Lemon Hummus

£9.50

Zesty lemon hummus, topped with fresh herbs, olives, sumac and drizzled in extra virgin olive oil, with warm flatbreads and salad garnish.

Tapas Duo

£10.50

Blistered padrón peppers tossed in sea salt with Spanish king prawns cooked in garlic and chillies, served with a salad garnish.

Halloumi Saganaki

£9.50

Fried halloumi chunks dusted in semolina, drizzled with honey and finished with black and white sesame seeds, served with a salad garnish.

FISH

Freshly Caught Battered Haddock

£24.50

Served with homemade tartare sauce, hand-cut seasoned chunky chips or buttered Cornish new potatoes, buttered peas and a wedge of lemon.

Freshly Caught Salmon Fillet

£23.00

Served with lemon and dill butter, Cornish new potatoes, buttered peas, salad garnish and a wedge of lemon.

Crispy Panko King Prawns

£24.50

King prawns coated in crispy panko breadcrumbs, served on basmati rice with katsu curry sauce, dressed mixed leaf salad, vine tomato, pickled cucumber, pickled red onion and piquillo peppers.

VEGAN & VEGGIE

Roasted Vegetable & Chickpea Tagine

£23.50

Served with herby jewelled couscous, dressed mixed leaf, vine tomato and pickled vegetables.

Cornwall and Devon Harvest Bowl

£23.50

Chargrilled Devon cauliflower florets served on crushed Cornish new potatoes with endive lettuce, lemon dressing, piquillo peppers, pickled red onions, herby tahini dressing and crispy cauliflower leaves.

Crispy Panko-Coated Tofu

£23.50

Tofu coated in crispy panko breadcrumbs, served on basmati rice with katsu curry sauce, dressed mixed leaf salad, vine tomato, pickled cucumber, pickled red onion and piquillo peppers.

CHICKEN

Free Range Devon Chicken Breast

£14.50

Choose from:

- Oven-roasted garlic and herb
- Cajun pan-fried
- Crispy panko-breaded

Make it a Katsu:

£10.00

Served with basmati rice, dressed mixed leaf, pickled cucumber, pickled red onions and piquillo peppers.

Make it a Burger:

£2.50

A seeded Brioche Bun served with dressed leaves, pickled cucumber, pickled red onion and garlic mayonnaise.

Or choose from any of our sides to create your own dish!

STEAK

Choose your steak and add your chosen sides and sauces.

Hand-cut Devon steak from local farms chargrilled to your liking served with roasted vine tomato and garlic and herb mushrooms.

8oz Ribeye

£24.00

8oz Rump

£20.00

SIDES & SAUCES

Hand-cut seasoned chunky chips, skin-on fries or Cornish new potatoes

£4.75

Beer-battered onion rings

£3.50

House salad or coleslaw

£3.50

Macaroni cheese

£7.00

Rustic garlic bread /with cheese

£4.75

£5.95

Chimichurri or peppercorn sauce

£4.75

Garlic butter

£3.00

PLATTERS

Mezze Platters

£25.00

Choose two from:

- Mini lamb koftas
- Mini chicken shish
- Sweet chilli king prawns
- Grilled harissa halloumi
- Herby falafels.

Served with warm flatbreads, salads and sauces (change daily depending on local produce),

Dietary requirements?

We're happy to cater for allergies, intolerances and dietary requirements wherever we can, with dairy-free and gluten-free options available across our dishes.

If nothing on the menu is quite right, come and tell us what you'd like – we love being put to the test.

Market Specials Board

Please see our daily market specials.