



TRENANCE COTTAGE TEA ROOMS

WHEREVER POSSIBLE WE USE LOCAL CORNISH PRODUCE, SUPPLIERS & PURE INGREDIENTS.

SOUP & OLIVES

- Homemade Soup of the Day** - Served with a baguette. £4.50
Olives in Extra Virgin Oil - Served with baguette and olive oil. £2.50

SANDWICHES

Freshly made with a choice of granary or white bread or a baguette.
Served with a salad garnish and handmade crisps.

- Crab** - Locally caught white meat. £6.50
Cornish Cheddar & Crellows award winning Chutney £5.00
Tuna & Mayonnaise with a hint of Cornish Chilli Jam £5.50
Cornish Free Range Egg and Watercress £5.00
Ham & Cornish Brie £5.50
Coronation Chicken £5.50

We can supply low fat spread, if requested.

JACKET POTATOES

Baked in the Aga and served with butter and a salad garnish.

- Cornish Cheddar** £5.00
Cornish Cheddar with Baked Beans £5.50
Tuna & Mayonnaise with a hint of Cornish Chilli Jam £5.50

SALADS

All of our salads are made on the premises using locally grown produce and are served with a choice of homemade French or House Dressing.

- Chicken, Bacon & Pine nut** £7.00
Cornish Blue Cheese, Apple & Walnut £6.50
Crab Salad £8.50
Smoked Cornish Mackerel Salad £7.00
Local smoked Mackerel from Tregida Smokehouse.

PLOUGHMAN'S

Served with locally grown salad, Cornish chutneys and a baguette.

- Cheese** - Choose one from Cornish Brie, Blue or Cheddar. £6.50
Ham - Locally cooked Gammon Ham. £6.50
The Platter - Three Cheeses and Ham. £7.50

ICE CREAM

Roskilly's Organic Cornish Ice Cream

- Choose from; Vanilla, Chocolate, Strawberries & Cream and Mint Choc Chip
 Scoop £1.00 Tub £1.50
Roskilly's Organic Raspberry Yoghurt Ice Scoop £1.00 Tub £1.50

HOME BAKING

All of our cakes and scones are made on the premises using Cornish free range eggs and butter.

CORNISH CREAM TEA

2 Scones, Cornish jam and Rodda's clotted cream.
Served with tea or coffee.

£5.75

CORNISH HIGH TEA

Scone, jam & cream with choice of cake and sandwich (crab extra) and tea or coffee.

£8.50

CAKES

Choose from a selection of our home baked cakes - please see blackboard for more details

- Home Baked Flapjack** £1.50
Cornish Saffron Bun & Butter £1.50
Home Baked Scone with Butter & Boddington's Strawberry Jam £1.75
Home Baked Scone with Jam & Rodda's Clotted Cream £2.30
Home Baked Scone and Butter £1.50
Toasted Tea Cake and Butter £1.75
Toast (2 slices) and Butter £1.50
Portion of Jam or Butter 50p
Portion of Clotted Cream 80p



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HOT DRINKS

- Teapot for One** - Served with milk or lemon. £1.50
Teapot for Two - Served with milk or lemon. £2.75
Decaffeinated Tea available.

SPECIALITY TEA BAGS

- English Breakfast** - Suitable anytime of the day, best with milk but can be drunk black or with lemon. £1.60
Earl Grey - Refined and refreshing, anytime of the day. £1.60
Darjeeling - From the foothills of the Himalayas a delicate tea, suitable at any time of the day with or without milk. £1.60
Lapsang Souchong - Smokey and distinctive black tea from Formosa. £1.60

SUKI LOOSE LEAF TEA

- Camomile** - Made from whole dried Camomile flowers. £2.00
Peppermint - Whole peppermint leaves, incredibly fresh taste. £2.00
Red Berry - Bursting with fresh berry taste. £2.00
Fairtrade Green Tea - Highly aromatic Chinese green leaf tea. £2.00
 and Sunflower blossom. £2.00

COFFEE

- Freshly ground or Organic Fairtrade Coffee Beans from Origin.*
Cappuccino £1.95
Espresso £1.75
Latte £1.75
Americano £1.75
Filter Coffee £1.50
Origin Fairtrade Hot Chocolate (40% cocoa) £1.95
Special Hot Chocolate - Topped with marshmallows & cream. £2.25
Decaffeinated Coffee available.

SOFT DRINKS

- Innocent Smoothies** - 100% fresh fruit, no additives.
Cartons - Apple & Blackcurrant, Strawberry, Blackberry & Raspberry and Orange, Mango & Pineapple £1.50
Bottles - Strawberry & Banana and Mango & Passion Fruit £2.00
Luscombe - Organic juices using only the finest fresh ingredients
Apple Juice 240ml £1.60
Hot Ginger Beer 320ml £1.95
Sicilian Lemonade 320ml £1.95
Coke/Diet Coke £1.00
Pureblue Water - Sparkling or Still water, bottled at source on Bodmin Moor. **Bottle** 500ml £1.00 **Bottle** 750ml £2.25
Milk Shakes - All made using Roskillys Organic Ice Cream and Fresh Fruit, Choose from; Chocolate, Strawberry, Banana & Vanilla £2.25
Fresh Orange Juice £1.50

ALCOHOLIC BEVERAGES

Award winning beers from Skinner's Brewery, Truro and Cyder from the Cornish Cyder Farm at Penhallow.

- Betty Stogs** - Good quaffing ale. (4%) 500ml £2.95
Heligan Honey - Made with Cornish honey. (4%) 500ml £2.95
Skinner's Cornish Lager - Cold & refreshing. (5%) 330ml £2.25
Cornish Rattler - Cloudy, sparkling cyder with a bite! (6%) 500ml £2.95

WINES

Pinot Grigio delle Venezia IGT.

Antonini Ceresa, Italy.

Fresh, dry white with a lovely floral bouquet, medium-bodied with a rich flavour.

Bottle £12.00 **Glass** 250ml £4.85 **Glass** 175ml £3.50

Terrain Merlot.

Vin de Pays de Gascogne, France.

From the sun-drenched vineyards of the Languedoc. Full of ripe plum and cherry fruit. Soft and silky with dark chocolate notes.

Bottle £12.00 **Glass** 250ml £4.85 **Glass** 175ml £3.50

Terrain Sauvignon Blanc.

Vin de Pays de Gascogne, France.

Bursting with ripe and exotic fruit.

Aromas of peaches, elderflower and citrus notes.

Bottle £12.00

Niel Joubert Shiraz Rosé.

Paarl, South Africa.

Vibrant salmon pink colour, abundant summer fruit flavours and a delicate aromatic balance make this a very drinkable wine.

Bottle £12.00

Sparkling

Prosecco "Val de Brun" Astoria, Italy.

With a delicate and fruity aroma, and a fresh and vibrant taste, this sparkling wine is superb for any occasion. Excellent as an apéritif, it is a great match with light seafood dishes, particularly shellfish.

Bottle £15.00

Champagne Beaumet N.V. Brut.

Épernay, France.

A distinguished Champagne from the house of Laurent Perrier. Elegant and dry with creamy, fruity and nutty flavours.

Bottle £29.00