



TRENANCE COTTAGE TEA ROOMS

WHEREVER POSSIBLE WE USE LOCAL CORNISH PRODUCE & SUPPLIERS.

SOUP & OLIVES

- Homemade Soup of the Day** - Served with a baguette. £3.95
Olives in Extra Virgin Oil - Served with baguette and olive oil. £3.75

SANDWICHES

Freshly made with a choice of Granary, White bread or a Baguette (50p extra)
 Served with a salad garnish and handmade crisps.

- Crab** - Locally caught and handpicked white meat. £6.95
Club Sandwich - Chicken, Bacon, Cheese, Salad & Mayonnaise £6.50
Mature Cheddar & Locally Produced Chutney £4.50
Tuna & Mayonnaise £4.50
Cornish Free Range Egg and Cress £3.95
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.

- Mature Cheddar** £4.95
Mature Cheddar with Baked Beans £5.50
Tuna & Mayonnaise £5.50

SALADS

All our Salads are dressed and made to order using locally grown produce.

- Chicken, Bacon & Pine Nut** £6.95
Cornish Blue Cheese, Apple & Walnut £6.95
Crab Salad £9.50

OTHER

- Cornish Pasty & Salad** £5.50
Bacon Sandwich (Only available until 12.30pm) £3.50

PLOUGHMAN'S

Served with locally grown Salad, Local Chutney and a Baguette.

- Cheese** - Choose one from Cornish Brie, Blue or Cheddar. £6.95
Ham - Locally cooked Gammon Ham. £6.95
Cornish Platter - Three Cheeses and Ham. £7.95

ICE CREAM

- Roskilly's Organic Cornish Ice Cream**
 Choose from; Vanilla, Chocolate, Strawberries & Cream or Mint Choc Chip
 Served in a sundae glass with a wafer £2.50 Tub £2.00

HOME BAKING

All of our Cakes and Scones are made on the premises using Cornish Free Range Eggs & Butter.

CORNISH CREAM TEA

- 2 Scones, Cornish Jam & Rodda's
 Clotted Cream. Served with Tea or Coffee.
£5.75

CORNISH HIGH TEA

- Scone, Jam & Cream with choice of Cake,
 Sandwich (crab extra) & Tea or Coffee.
£9.50

CAKES

- CHOCOLATE** £2.25
CARROT £2.25
DATE & WALNUT £2.00
LEMON DRIZZLE £1.75

Gluten Free Option available, please ask staff

MORE CAKES

- Cornish Saffron Bun & Butter** £1.50
**Home Baked Scone with Butter
 & Boddington's Strawberry Jam** £1.95
**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
Meringue Nest £4.75
 filled with fresh Strawberries & Clotted Cream.



TRENANCE COTTAGE TEA ROOMS

TEA

Tea Pot for one served with Milk or Lemon

LOOSE LEAF & TISANE

Tea Room - Blended from Kenyan, Indian & Sri Lankan tea.	£1.75
Green Tea - Highly aromatic Chinese green leaf tea.	£1.95
Peppermint - Made from whole peppermint leaves, fresh taste.	£1.95
Red Berry - Bursting with fresh berry taste.	£1.95

SPECIALITY TEA BAGS

House Tea -	£1.50
English Breakfast - Suitable anytime of the day.	£1.60
Earl Grey - Refined and Refreshing, anytime of the day.	£1.60
Darjeeling - Light and Golden.	£1.60
Assam - A black tea with a distinctive malty flavour.	£1.60

ORIGIN COFFEE

"IT'S ALL ABOUT THE BEAN"

All our Coffee is made from freshly ground Arabica beans hand-picked and roasted to perfection.

Cappuccino	£1.95
Latte	£1.75
Mochachino	£2.00
Americano	£1.75
Espresso	£1.50
Filter Coffee	£1.40

N.B. Decaffeinated Tea or Coffee available, please ask.

HOT CHOCOLATE FROM ORIGIN

A taste of real Chocolate with 40% Cocoa solids in every cup

Hot Chocolate	£1.75
Special Hot Chocolate - Topped with Marshmallows & Cream.	£1.95

BEERS & CIDER

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

Betty Stogs - Good quaffing ale.	(4%) 500ml	£3.50
Old Knocker - Hoppy and aromatic.	(4.5%) 500ml	£3.50
Cornish Rattler - Cloudy, sparkling cyder with a bite!	(6%) 500ml	£4.00
Peroni Lager - Cold & refreshing.	(5%) 330ml	£2.75

WINES

	Glass	Glass	Bottle
WHITE	175ml	250ml	
Pinot Grigio delle Venezia IGT. (Antonini Ceresa, Italy)	£3.60	£4.95	£12.50
Terrain Sauvignon Blanc. (Vin de Pays de Gascogne, France)	N/A		£12.50

RED

Terrain Merlot (France)	£3.60	£4.95	£12.50
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ROSE

Niel Joubert Shiraz Rosé. (Paarl, South Africa)	N/A		£12.50
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SPARKLING & CHAMPAGNE

Prosecco "Val de Brun" (Astoria, Italy)	N/A		£15.50
Champagne Beaumet N.V. Brut. (Épernay, France)	N/A		£29.50

SOFT DRINKS

CHILDREN'S SMOOTHIES FROM INNOCENT

-100% fresh fruit, no additives.

Cartons - Blackcurrant & Apple, Orange, Mango & Pineapple.	£1.50
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MILK SHAKES - Made using Roskilly's Organic ice cream, milk, fresh fruit and nothing else.

Choose from; Chocolate, Strawberry, Banana or Vanilla.	£3.50
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Fresh Orange Juice	£1.50
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Coke/Diet Coke	£1.20
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Lemonade	£1.20
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Pureblue Water - Bottled at source on Bodmin Moor.

Sparkling or Still water;	750ml £2.50	500ml £1.50
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LUSCOMBE ORGANIC DRINKS

Organic juices using only the finest fresh ingredients

Apple Juice	240ml	£1.60
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Ginger Beer	320ml	£1.95
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Sicilian Lemonade	320ml	£1.95
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Trenance Cottage, using local suppliers;

Boddingtons Berries (Mevagissey), Cornish Cheese Co. (Bodmin Moor), Crellocs (Tregony), Cornish Cyder Farm (Penhallow), Luscombe (Buckfastleigh), Martins Bakery (St. Austell), Matthew Stevens (St. Ives), Morris Pastys (Newquay), Newquay Fruit & Veg (Newquay), Origin Coffee (Constantine), Pureblue Water (Falmouth), Roddas (Redruth), Roskillys (St. Keverne), Skinners Brewery (Truro), Trevean Farm (Newquay) Veals Butchers (Newquay), Wine World (Newquay).