

Muffins Menu

Award of Excellence 2003 to 2007 from The Tea Council

Gold Hospitality Award 2006 – Taste of the West

Silver Award - Popular Restaurant/ Café – Cornwall Tourism Awards 2006

We use local Cornish produce wherever possible – our list of suppliers is proudly displayed in the window for all to see, and we love to talk about them so just ask!

BREAKFAST (served until 11.30am)

FREE RANGE SCRAMBLED EGGS WITH TREGIDA SMOKED SALMON AND TOAST	4.75
FREE RANGE SCRAMBLED EGGS WITH MR KITTOW'S BACK BACON AND TOAST Add a sausage!	4.25 +0.75
TOASTED SAUSAGE SANDWICH Mr Kittow's tasty pork sausages and thick sliced bread	3.95
TOASTED BACON SANDWICH Mr Kittow's delicious back bacon and thick sliced bread	3.50
TOAST WITH MARMALADE* OR JAM* – 2 slices of thick cut bread and local preserves	1.50
INNOCENT SMOOTHIES AND ORANGE JUICE– SEE DRINKS MENU	

CAKES & CORNISH TEAS

ALL OUR CAKES ARE HOMEMADE RIGHT HERE ON THE PREMISES

MUFFINS' FULL ENGLISH TEA A delicious tea plate containing a cucumber or cheese & tomato sandwich, a home made scone, jam and clotted cream and a piece of cake accompanied by a pot of tea.	6.75 pp
MUFFINS' LUXURY FULL ENGLISH TEA A delicious tea plate containing a smoked salmon sandwich, a home made scone, jam and clotted cream and a piece of cake accompanied by a pot of tea.	8.50 pp
TRADITIONAL CREAM TEA FOR ONE Two home made scones with Trewithen Farm clotted cream, Boddington's strawberry jam, & tea for one	4.50 pp
A SCONE WITH BODDINGTON'S STRAWBERRY JAM* & TREWITHEM CLOTTED CREAM*	1.70
A SCONE WITH BODDINGTON'S STRAWBERRY JAM* & TREWITHEM BUTTER*	1.40
GENTLEMAN'S TEA Home made cheese muffin, your choice of cake from the blackboard and a pot of tea for one	from 3.95
PLEASE SEE THE BLACK-BOARD FOR TODAY'S FRESHLY BAKED, HOME-MADE CAKES.	from 1.35

PLEASE SEE THE BLACK- BOARD FOR TODAY'S CHOICE OF DESSERTS OR SPOIL YOURSELF WITH SOME DELICIOUS ICE CREAM FROM TRELEAVENS

*** AVAILABLE TO BUY IN OUR RETAIL AREA**

We serve Trewithen semi skimmed milk and salted butter*. If you prefer a low fat spread just let us know.

We accept debit and credit cards as means of payment for bills over £10. We do not accept cheques.

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We serve our full lunch menu between 11.45am and 3pm.
Outside these hours we will try to offer as wide a choice as possible.

BREAD & OLIVES* – delicious olives from Olives et al - why not have a nibble to whet your appetite?	1.95
SOUP OF THE DAY - served with crusty bread	3.50
CARAMELISED RED ONION AND GOATS CHEESE FILO TART Freshly cooked for each order (approx 20mins) and served with a delicious salad	6.25
SAUSAGE AND MASH WITH HOME-MADE ONION GRAVY Mr Kittow's award winning pork sausages - ask for today's flavour	6.25
PASTA OF THE DAY See the blackboard for today's dish served with a fresh side salad	from 5.25
GREEK SALAD Chunks of tomato, cucumber, feta and pepper topped with olives* and crusty bread on the side	5.25
MUFFINS TASTING PLATE If you can't decide then let us give you a taste of the very best meat, fish and cheese from our local suppliers, served with bread, olives* and chutney*	6.95
CHARCUTERIE* & OLIVES* PLATE Coppa Ham and Salamis from Deli Farm Charcuterie at Delabole alongside delicious olives from Olives et al with our lovely crusty bread on the side	5.95
SAUSAGE BAGUETTE – FEATURING MR KITTOW'S FAMOUS SAUSAGES With Cornish Chilli Company Chilli Jam* on the side as well as a generous side salad	5.75
THE HUNGRY PLOUGHMAN A slice of Cornish ham and three cheeses with crusty bread, Crellow chutneys* and a side salad	6.50
PLOUGHMAN'S LUNCH Choose one from Cornish Garlic Yarg, Cornish Blue, West Country Cheddar, St Endellion Brie or local Cornish ham, served with crusty bread, Crellow chutneys* and a side salad	5.25
BACON AND ST ENDELLION BRIE BAGUETTE – served with a generous salad	5.25
TOASTED PANINI - please see the blackboard for fillings available today	5.25
TWO EGG OMELETTE MADE WITH FREE RANGE EGGS FROM CORNWALL Your choice of two fillings– ham, cheese, onion, tomato or mushroom, served with a side salad. If you prefer bread and butter just let us know.	4.95
ADD SOME CRUSTY BREAD TO YOUR ORDER	0.75

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