

BAR *Menu*

Some of our drinks may contain allergens. If you have any special dietary requirements, please speak to a member of our bar team who can advise you of your choice. A 10% discretionary service charge will be added to your bill.

CORNISH WINES

| | 125ml | 175ml | 250ml | bottle | | 125ml | 175ml | 250ml | bottle | |
|---|-------|-------|-------|--------|---|-------|-------|-------|--------|--|
| <i>Sparkling</i> | | | | | | | | | | |
| Polgoon Elderflower Non Vintage (10.5%, VN) An English summer meadow in a glass. | 10 | - | - | 50 | | | | | | |
| Polgoon Seyval Blanc 2020 (12%, VN) Ripe green pears, a host of citrus flavours and a hint of biscotti. | 12 | - | - | 65 | | | | | | |
| Trevibban Mill Pinot Noir 2019 (11.5%, VN) Strawberries, cream, grapefruit, and gentle spice mingle effortlessly. | 14 | - | - | 75 | | | | | | |
| <i>White</i> | | | | | | | | | | |
| Polgoon Sauvignon Blanc 2023 (11.5%, VN, OP) Elderflower, orchard fruits and hints of kiwi. Unique and very moreish. | 10.5 | 12 | 16 | 47 | | | | | | |
| Knightor Chardonnay 2023/24 (12%, VN, OP) Hand-picked grapes, new French oak, and fresh acidity for structure. | 10.5 | 12 | 16 | 47 | | | | | | |
| Polgoon Bacchus 2023 (11.5%, VN) Gooseberry, elderflower and ripe peach notes. | 11 | 13 | 17 | 48 | | | | | | |
| | | | | | Trevibban Mill Harlyn 2024 (11%, VN, OP) Seyval Blanc and Orion blend. Off-dry, tropical fruit, citrus, and apple notes. | 11 | 13 | 16 | 48 | |
| | | | | | Knightor Mena Hweg 2023 (8%, VN, OP) A semi-sweet Bacchus with jasmine, elderflower, and stone fruit aromas. | 10 | 12 | 14 | 45 | |
| | | | | | <i>Rosé & Orange</i> | | | | | |
| | | | | | Polgoon Pinot Noir 2023 (11.5%, VN) Summer berries and red apples mingle beautifully. | 11 | 13 | 17 | 48 | |
| | | | | | Knightor Carpe Diem 2023 (11%, VN) Raspberry and citrus with hints of rose and peach. | - | - | - | 40 | |
| | | | | | Polgoon Orange Bacchus 2024 (11%, VN) Vibrant, floral and tropical. Stonefruit and passionflower. | 11 | 13 | 17 | 48 | |
| | | | | | <i>Red</i> | | | | | |
| | | | | | Polgoon Rondo/Pinot Noir 2023 (12%, VN) Juicy and fresh. Cherries and red berries with a hint of spice. | 10.5 | 12 | 16 | 47 | |
| | | | | | Trevibban Mill Cicero 2022 (12%, VN, OP) Damson, red cherry and violet with a silky smooth palate and a hint of spice and smoke. | 11 | 13 | 17 | 50 | |

Fizz

| | 125ml | 175ml | 250ml | bottle |
|---|-------|-------|-------|--------|
| Jeio Prosecco Italy (12%, VN) Crunchy green apples, sherbet and white flowers. Crisp and fresh. | 10 | - | - | 40 |
| Lallier Reflexion R.020 Brut France (12%, OP, VN) White flowers and stone fruit. Crisp and mineral finish. | 15 | - | - | 67 |
| Bee Tree by Sugrue Pinot Munier Sussex (12%, OP, VN) Coral pink, with aromas of peach, apple, crushed stone and pastry. | 16 | - | - | 70 |
| Billecart Salmon Nature France (12%, OP, VN) Lemon sherbet and biscuits with striking minerality. | 16 | - | - | 70 |
| Bruno Paillard Blanc De Noir France (12%, OP, VN) Cherries, pink grapefruit and spice, persistent mineral finish. Sublime. | - | - | - | 125 |

ALCOHOL FREE WINES

Sparkling

| | 125ml | 175ml | 250ml | bottle |
|--|-------|-------|-------|--------|
| Bolle Blanc de Blancs Spain 2022 (0.5%, OP, VN) Burst of citrus followed with tropical flavours, baked bread and spice. | 8.5 | - | - | 40 |
| Wild Life Botanicals Rose England NV (0.5 %, OP, VN) Red cherry, strawberries, and cream with orchard fruit and rosehips. | 7 | - | - | 35 |

White

| | | | | |
|--|---|---|----|----|
| Bolle Chardonnay Spain 2021 (0.5%, OP, VN) Refreshing and complex. Herbaceous notes and citrus with a touch of vanilla and toast. | 7 | 9 | 12 | 36 |
|--|---|---|----|----|

WHITE

O Organic V Vegetarian VN Vegan

| | 125ml | 175ml | 250ml | bottle | | 125ml | 175ml | 250ml | bottle |
|--|-------|-------|-------|--------|--|-------|-------|-------|--------|
| Castano Macabeo <i>Spain 2023 (12%, O, VN)</i> Superbly fresh and bright with peach, apple, and lemons. | 6 | 8 | 10 | 29 | Lageder Pinot Grigio <i>Italy 2023 (12.5%, OC, VN)</i> Pear, apples and elderflower mingle with a zippy acidity and a touch of pepper. | 9 | 11 | 14 | 40 |
| La Java des Grandes Espérances, Touraine Sauvignon Blanc <i>France 2022 (12.5%, O, VN)</i> Blackberry leaf and exotic fruits, with hints of pineapple and grapefruit. | 7 | 8.5 | 11 | 32 | Peth Wetz Riesling <i>Germany 2022 (12.5%, VN, OP)</i> A dry Riesling with pear, apricot and peach notes. | - | - | - | 44 |
| Vinho Verde Pipa do Canto <i>Portugal 2024 (11.5% O, VN)</i> Floral, zesty and bursting with citrus and stonefruits. | - | - | - | 35 | Luigi Baudana 'Dragon' <i>Italy 2024 (13%, O, VN)</i> Chardonnay & Sauvignon Blanc blend - Citrus zest, stonefruits and mango play with hints of mint and saline. | 10 | 12 | 16 | 46 |
| Baron de Badassiere Picpoul de Pinet <i>France 2023 (13%, VN)</i> Lip-smacking freshness, lemons and green fruit in abundance. | 7.5 | 9 | 12 | 35 | Charly Nicolle Chablis <i>France 2020 (12.5%, VN, OP)</i> White flowers, green apple, peach and citrus, bright acidity and minerality. | - | - | - | 65 |
| Mandarossa Viognier <i>Sicily 2023 (13.5%, VN, OP)</i> Golden hues with apricots and peach on the palate. Floral and fresh. | 8 | 10 | 15 | 39 | | | | | |
| A20 Albarino <i>Spain 2023 (12.5%, VN)</i> Light and crisp with citrus, melon and stonefruit flavours. | 9 | 11 | 14 | 40 | | | | | |

ROSÉ & ORANGE

| | 125ml | 175ml | 250ml | bottle |
|---|-------|-------|-------|--------|
| Pratsch Zweigelt <i>Austria 2023 (11.5%, O, VN)</i> Top quality Zweigelt grapes offering a flavorsome dry wine with hints of red berries, melon and grapefruit. | 8.5 | 10 | 13 | 38 |
| Domaine des Sarrins 'S' Rose <i>France 2024 (12.5%, O, V)</i> Peach, apricot, lychee and strawberries dominate. Refreshing off dry balance and fresh acidity. | 9 | 11 | 14 | 40 |
| Orange Gold <i>France 2022 (13%, OC, VN)</i> Candied fruits, whiteflowers and white pepper. Dare to be different – very approachable and versatile. Great with spicy dishes. | 11 | 13 | 17 | 50 |

OFF THE BEATEN TRACK

Here we celebrate wines from lesser known places, the 'Old World' you seldom see.

| | 125ml | 175ml | 250ml | bottle |
|---|-------|-------|-------|--------|
| <i>Red</i> | | | | |
| Bedoba Saperavi <i>Georgia 2022 (13.5%, OP, VN)</i> A mix of blackberries, flowers, vanilla and pepper. Smooth and creamy. | 10 | 12 | 15 | 44 |
| Enosophia 'DIKA' Frankovka <i>Croatia 2022 (13.5%, OC, VN)</i> A mix of blackberries, cherries, and plums. Smooth palate and lingering spice and pepper. | - | - | - | 50 |
| <i>White</i> | | | | |
| Grand Tokaj Dry Furmint <i>Hungary 2023 (12.5%, OP, VN)</i> Juicy citrus and peach with lots of minerality and a saline finish. | 9 | 11 | 14 | 40 |
| Zorah Chilar <i>Armenia 2021 (13.5%, OC, VN)</i> Both beautifully rich and textured, with stonefruit and incredible complexity. | - | - | - | 75 |

O Organic V Vegetarian VN Vegan

Red

| | 125ml | 175ml | 250ml | bottle | | 125ml | 175ml | 250ml | bottle |
|--|-------|-------|-------|--------|--|-------|-------|-------|--------|
| Castano Monastrell <i>Spain 2023 (13.5%, O, VN)</i> Red cherry, blackberry and plum dominate. Juicy and fresh. | 6 | 8 | 10 | 29 | | | | | |
| Masseria Primitivo <i>Italy 2022 (13.5%, V)</i> Black cherry, prunes, pepper spice, and smooth tannins. | 7 | 9 | 12 | 35 | | | | | |
| Foncalieu Ensedune Malbec <i>France 2023 (12.5%, OP)</i> Intense black cherry, liquorice and spice to ensure a full flavour. | 9 | 10 | 13 | 38 | | | | | |
| Finca Museum Vinea <i>Spain 2021 (13.5%, O, VN)</i> Red berries with notes of coconut, mocha, balsamic, and subtle smoky nuances. | 9 | 10 | 13 | 38 | | | | | |
| Pipoli Aglianico Del Vulture <i>Italy 2021 (13.5%, VN)</i> Medium bodied wine with a bouquet of fresh berries, plum and spice. | 9 | 10 | 13 | 38 | | | | | |
| | | | | | Fantini 'Terre Di Abruzzo' Sangiovese <i>Italy 2024 (13% VN)</i> Strawberries and morello cherries playfully mingle with a touch of vanilla. | 9 | 10 | 13 | 39 |
| | | | | | Sebastien Besson Beaujolais Villages <i>France 2023 (13.5% OP, VN)</i> Light and vibrant with blackcurrant and a touch of blackberry leaf. | 9 | 10 | 13 | 39 |
| | | | | | Chamans 'Big G' Grenache <i>Languedoc 2022 (14% OP, VN)</i> Wild strawberries, cranberries and cherries tied together with a ribbon of smoke. | - | - | - | 50 |
| | | | | | Château Beaucastel Coudoulet <i>France 2019 (14%, OP)</i> Full bodied wine with cassis, pepper, clove, blackberry, and vanilla flavours. | - | - | - | 65 |

COCKTAIL

Cornish Old Fashioned 13

Made with the unique Treguddick Cornish Bourbon aged for 2 years. A classic with a Cornish accent.

Cornish Negroni 12

Created in Florence in 1919, our perfect combination uses Aval Dor dry gin, Cornish Amaro aperitif and Knightor Vermouth.

French 75 16

An absolute classic! Combining Champagne, lemon juice and Aval Dor Gin.

Pen Sans Summer Cup & Lemonade 10

Hand crafted every summer using Caspyn Cornish Dry Gin as a base and whatever fruits are within season. Garnished with cucumber, mint, orange, and berries.

Stormy Day 15

Landlocked rum, fresh lime juice and Navas ginger beer all topped off with a dark rum and bitters.

COCKTAIL

Bramble 12

A delightful Aval Dor Gin cocktail featuring lemon juice and blackberry liqueur.

Mojito 11

A Cuban classic made how you like it – with either gold, white or spiced rum. Sweet tooth? Try Aluna Coconut Rum or feeling fruity; go for Landlocked Tangerine!

Cosmopolitan 12

This blend of vodka, cranberry and citrus was the most popular drink in the 1990s.

Caipirinha 10

The national drink of Brazil – created in the 19th century for parties. A blend of lime, sugar and Cachaça.

Pink Lady 13

Aval Dor Rhubarb & Ginger Gin, combined with raspberry jam, vegan foamers and lemon juice – simply smooth and moorish.

Margarita

The classic summer cocktail blending fresh lime, Triple Sec and your choice of Tequila, and Fair Kumquat Liqueur.

CLASSIC 13

LIMONCELLO 13

SPICY 13

SMOKEY MEZCAL 13

COCKTAIL

Martini 12

The most personal of drinks, everyone has it differently. Vodka or Gin? Wet or dry? Lemon or dirty? Try with Aval Dor Rosemary and Bay Vodka for a herbaceous twist.

Espresso Martini 13

Aval Dor vanilla vodka, Fair Café, Cornico Burundi espresso.

Amaretto Sours 12

Our traditional Venetian Amaretto shaken with vegan foamers.

Spritz

Capture a taste of summer with a fresh spritz, beautiful liqueurs elevated with prosecco and a splash of soda served over ice.

PAMPELLE 13

ELDERFLOWER 13

LIMONCELLO 13

PENTIRE COASTAL (0%), WITH BOLLE BLANC DE BLANCS (0.5%) 13

Bloody Mary 12

Tomato juice blended with spices, tabasco, Worcester sauce, and lemon juice. Don't forget the multi-award winning, first plough to bottle Aval Dor Rosemary & Bay Vodka.

Cherry Bomb 12

We take Tarquin's Black Cherry Gin and blend it with fresh Cornish apple juice, Knightor vermouth and serve over crushed ice with a cherry on top.

Mocktail

Designed for Children

Bedruthan Sunrise 6

Combining Navas Ginger Ale, with orange juice, lemon juice, and cranberry juice.

Berry Cloud 6

Blackberries, apple juice, lemon juice and a touch of sugar make this a firm favourite.

Designed for Grown Ups

Virgin No-jito 5

The Cuban mojito but with none of the alcohol, perfect for a sunny afternoon.

Pentire Coastal Spritz 0.5% 12

Coastal botanicals are blended with blood orange and rosemary to produce a refreshing spirit combined with Bolle 0.5% sparkling wine.

Hibiscus Sour 0% 12

Crossip Hibiscus, red berry tea, lemon, apple and vegan foamer.

Bramble 0.5% 12

Crossip Rich Berry, Tarquin's 0.5% gin and lemon juice combine for an alcohol free classic.

Caipirinha 0% 12

Crossip citrus, lime and sugar . Light, zingy and refreshing.

0.5% French 75 12

Tarquins 0.5% gin and lemon juice topped with Bolle 0.5% sparkling wine.

Take a look at our 0% Wines too!

GIN

| | | | |
|---|---|---|-----|
| Aval Dor Dry Gin 42% - 25ml A classic London dry style of gin with notes of juniper, coriander and citrus. | 5 | Loveday Kissing Gate 40% - 25ml Wild gorse flowers, lovage and chamomile. All foraged in stunning Cornwall. | 6 |
| Aval Dor Rhubarb & Ginger 42% - 25ml Rich, bold and authentic. Classic dry gin, with fresh ginger root and rhubarb - Try with Navas Ginger Ale. | 6 | Wrecking Coast Honey Sloe Gin 34.5% - 25ml Rich and indulgent, layers of cherries, plums and dark chocolate. | 6.5 |
| Tarquin's Cherry Gin 38% - 25ml Fresh black cherries, orange zest and forest fruits We recommend serving simply over ice or with Navas Tonic and lemon. | 7 | Aval Dor Spiced Barrell Aged 42% - 25ml Matured in Bourbon Oak casks to give that delicious hint of vanilla - it gives off homemade marmalade vibes, enjoy with Navas Ginger Ale. | 7 |
| Caspyn Midsummer 40% - 25ml Cornwall's answer to Hendricks. Cucumber and floral flavours lift the gin. | 7 | Tarquin's Alcohol-Free 0% - 25ml Crisp, vibrant and smooth. Classic juniper on the palate with a hint of seasalt and lemon sherbet. | 5 |
| Trevethan Dry Gin 43% - 25ml Bold juniper with hints of pine and citrus, vanilla and gorse bring a smooth mouthfeel. | 7 | <i>Dare to be different!</i> | 8.5 |
| Ebba Coastal Gin 40% - 25ml Fresh sea aster and locally foraged rock samphire the result is a wonderful dry Cornish Gin with added crisp citrus notes from sea berries. | 7 | Try Avallen Calvados with Navas tonic 40% - 25ml and freshly sliced apple. | |
| | | Or try Dry White Port and tonic 20% -50ml with orange and rosemary. | 8.5 |

Tap

GF Gluten Free VN Vegan

| | Half | Pint |
|--|------|------|
| Korev Lager 4.8% Full-on refreshment born and bred in Cornwall. | 3.25 | 6.5 |
| Proper Job Pale Ale 4.5% Vibrant citrus, grapefruit and pineapple in abundance. | 3 | 6 |
| Harbour Artic Sky IPA 4.3% Citra and Mosaic hops form this hazy modern IPA - the ultimate thirst quencher. | 3.25 | 6.5 |
| Cornish Orchards Cider 4.5% The perfect summer evening refreshment. | 3 | 6 |

BEER, ALE & CIDER

| | |
|---|-----|
| Harbour Pilsner Lager 5% - 330ml Clean, fresh Czech style made with Cornish water. | 6 |
| Mena Brea Italian Lager 0% - 330ml Think Peroni without the hangover. | 5 |
| Jubel Peach Lager (GF) 4% - 330ml A juicy and fresh peach lager. | 6 |
| Braslou Biere Saffron Helles Lager 4.9% - 330ml Brewed with saffron, enriching the beer with a new dimension. | 7 |
| Braslou Biere Red-ish IPA 5.2% - 330ml It's red-ish, with hints of pithy orange and hops. | 7 |
| Firebrand Shorebreak Pale Ale (VG, GF) 0.5% - 330ml Smooth and fresh with tons of tropical flavours. | 6 |
| Firebrand Patchwork Rocket Pale Ale (VG, GF) 4.2% - 330ml Full of palate pleasing melon, peach and pine. | 6.5 |
| Proper Job 0.5% - 500ml What you'd expect from Proper Job - citrus, grapefruit and pineapple...just no alcohol. | 5.5 |
| Mena Dhu Cornish Stout 4.5% - 500ml Malty and chocolatey with a touch of liquorice. | 6 |
| Castledor Cider 6.5% - 330ml Award winning beautiful dry cider. | 6 |
| Cornish Orchards Raspberry & Elderflower Cider 4% - 500ml Made with dessert apples from local Cornish orchards. | 7 |

WHISKY

Cornish

Treguddick Cornish Bourbon 40% - 25ml 6
Cornwall's own Bourbon. Aged for 2 years in American oak. Toasted cereals, vanilla and honey.

English

The English Whisky Distillery - Smokey 43% - 25ml 6
England's oldest whisky distillery. Burnt caramel, spice and butter toffee popcorn.

Fielden Rye 48% - 25ml 6
Elegant nose full of red berry and classic rye notes, brilliantly mouthcoating with helpings of nutmeg and cinnamon with a pleasing orange glaze.

Scottish

Mossburn Speyside Blended Malt 43% - 25ml 5.5
An intriguing blend of malt, with notes of vanilla, cherry, orange, milk chocolate, butter, malt. Great to sip or mix.

Torabhaig Allt Gleann 46% - 25ml 7.5
The newest distillery from the Isle of Skye. Peated smoke, orchard fruits, malt sweetness and hints of salinity.

Irish

Sexton Irish Single Malt 43% - 25ml 6
Beautiful single malt bursting with chocolate, nuts and marzipan. Smooth and woody finish.

Australian

Morris Single Malt Whisky 46% - 25ml 7
Nestled in one of Rutherglen's best vineyards. Toasted grains, caramel and marzipan with smokey sweet spice.

American

1792 Small Batch Bourbon 46% - 25ml 6
Bold, brash, yet smooth and balanced bourbon, with notes of spices, rye, fig, oak, banana and apple and full-bodied flavours of caramel and vanilla.

Japanese

Hatozaki 12 Year Old Whisky 46% - 25ml 8
Finished in Japanese plum liqueur and bourbon casks. Dried stone fruit, vanilla, peaches, and cream with a lingering spice.

RUM

Three Counties Landlocked White 42% - 25ml 5

Ex Chef and restaurateur Luke hand makes rums in his distillery in Milton Keynes using sugar cane mollasses. These rums are flavour forward and perfect for rum enthusiasts.

Loveday Organic Gold rum 40% - 25ml 6

100% organic molasses rested in oak Bourbon casks - full of cloves, vanilla and figs.

Three Counties Landlocked Dark Spiced 42% - 25ml 6

Bold and full of character. Smooth enough to enjoy neat and bold enough to mix. Caramel, butterscotch and cardamon blow you away!

Three Counties Landlocked Tangerine 45% - 25ml 6

Classic white rum blended with the zests from tangerines. Perfectly balanced to create a warming marmalade flavour. Try it in a tangerine mojito!

Aluna Coconut 35% - 25ml 5

Caribbean rum combined with toasted coconut and coconut water, its low in sugar and sustainable.

Alnwick Dark Rum 35% - 25ml 6

Luxurious elixir has a deep, golden hue and an enticing bouquet of spicy chocolate, ripe banana, and soft caramel notes.

VODKA

Aval Dor 40% - 25ml 5

Platinum award winning vodka from Cornwall. Clean, smooth, and almost creamy texture. Makes an incredible Martini.

Aval Dor Seaberry 40% - 25ml 6

Infused with sea buckthorn berries. Tropical flavours mingle with touches of honey. Seabuckthorn is traditionally used to slow down the ageing process!

Aval Dor Rosemary & Bay 40% - 25ml 6

Flavours of freshly picked Cornish rosemary, grown at The Eden Project, with fresh bay, and the warmth of black pepper. Beautiful in a dirty martini.

Aval Dor Vanilla 40% - 25ml 6

Multi Award winning potato vodka combined with Organic, Fairtrade Bourbon vanilla pods - delightful.

Davna Wodka 40% - 25ml 6

An incredibly smooth vodka celebrating Poland's vodka history. Crystal clear spring water, rye and wheat. Simple and exquisite.

Tequila

VIVIR Blanco 40% - 25ml

Made by tequila lovers for tequila lovers. Zesty and clean flavours with refreshing notes of agave.

7

VIVIR Reposado 40% - 25ml

Aged in cask for complexity. Chewy caramel weaves with smoke and agave earthiness.

7

Uno Mezcal 40% - 25ml

From selections of different agave, roasted slow and low. Vanilla pods and agave mingle with smoke and hints of pine.

7

COGNAC & CALVADOS

Frapin VSOP Cognac 40% - 25ml

Classic Cognac from a top producer. Honey, spices, hazelnut and a touch of vanilla.

6

Avalen Calvados 40% - 25ml

This gets its name from Apple tree in Cornish. Toffee apple, vanilla and honeysuckle.

6

Liqueur

Arran Gold 17% - 50ml 5
Our new favourite creme liqueur from the isle of Arran.
Butterscotch, toffee and vanilla cream flavours.

Fair Café 24% - 25ml 4
Arabica coffee beans blend with vanilla
and warm oak spice.

Fair Kumquat 22% - 25ml 4
Orange marmalade, honeyed with a touch
of bitterness..

Bepi Tossolini Limoncello 30% - 25ml 4
Amalfi lemons, sweet yet with a real citrus bite.

Bepi Tossolini Amaretto 28% - 25ml 4
Sweet marzipan flavours dominate.
Incredible flavour.

Aval Dor Blackcurrant Liqueur 20%- 25ml 4
The freshest Cornish blackcurrants go into making this
beautiful liqueur.

FORTIFIED & DESSERT

Ferreira 10 Year Old White Port 20% - 50ml 9
Intense aromas of dried citrus peel, nuts, caramel,
and baking spices.

Pedro Ximenez Triana 15% - 50ml 9
Pressed and vinified, before long ageing in soleras
of American oak. The wine has an intense dark treacle
colour and a rich and luscious texture.

Fonseca LBV Port 20% - 50ml 10
Red berry fruit with aromas of raspberry and strawberry.
A round and full bodied Port, with a velvety texture.

Trevibban Mill Apple Dessert Wine 8.5% - 50ml (VN, OC) 8
Made with 100% Cornish Organic apples.
Flavours of stewed apple compote and cinnamon.

Grand Tokaj Late Harvest 10.5% - 50ml (OP,VN) 9
Notes of orange, lime, honey, and raisins. The palate features pear,
quince, and tropical fruits, with a perfect balanced finish.

Petit Guiraud Sauternes 13% - 50ml 10
The famous noble rot wine from Bordeaux.
Candied stone fruit and citrus peel mingle with hints of pineapple
moreish and balanced sweetness.

SOFT DRINK

Soft

all 4

Gusto Organic Real Cola 275ml

Gusto Naturally Slim Cola 275ml

Gusto Organic Sicilian Blood Orange 275ml

Gusto Organic Real Cherry Cola 275ml

Gusto Organic Fiery Ginger with Jalapeno 275ml

Mixers

all 2.5

Navas Lemonade 200ml

Navas Tonic Water 200ml

Navas Light Tonic Water 200ml

Navas Soda Water 200ml

Navas Ginger Ale 200ml

Navas Ginger Beer 200ml

House made Lemonades

all 4

Traditional

Elderflower

Seasonal Berry

Treguddick Shrubs

Small batch distilled fruit shrub, crafted in Launceston.
Made using the finest in season fruits, vinegar and sugar.

all 5.5

Grapefruit, Honey & Ginger with Navas Tonic

Raspberry & Bay with Navas Ginger Ale

Garden Rhubarb with Navas Tonic

Eager Juices 250ml

all 2.5

Orange, Tomato, Cranberry, Grapefruit, Apple

Milkshakes

all 6

Banana, Vanilla*, Chocolate*, Mint*, Caramel*

*Vegan option available**

TEA

| | |
|--------------------------|-------|
| English Breakfast | all 3 |
| Decaffeinated | |
| Earl Grey | |
| Peppermint | |
| Green Tea | |
| Camomile | |
| Lemon Verbena | |
| Red Berry | |

Alternative milks available - Oat, Soya, Coconut

WELLNESS TEA

all 5

Vata Balance Tea

A harmonious blend of ginger, cinnamon, nutmeg, clove and chamomile. Formulated to pacify Vata dosha. This tea supports warmth, stability and calm in the body & mind. Encourages deep relaxation and balanced energy.

Pitta Sooth Tea

A serene infusion of yarrow, jasmine, spearmint and dill seeds, crafted to cool and sooth Pitta dosha. Gently balances inner fire, reduces heat and irritability, and restores clarity and emotional ease.

Kapha Revive Tea

An awakening combination of rose, rosemary and thyme, designed to uplift Kapha dosha. Promotes lightness, circulation and vitality while dispelling heaviness and lethargy.

Coffee

| | |
|---|------|
| Single Espresso | 3 |
| Double Espresso | 3.5 |
| Americano | 3.5 |
| Cappuccino | 4 |
| Flat White | 4 |
| Latte | 4 |
| Mocha | 4.25 |
| Hot Chocolate | 4 |
| Liqueur Coffee | 7.5 |
| Espresso, double cream and your choice of spirit. | |
| MOSSBURN SPEYSIDE WHISKY * | |
| BEPI TOSSOLINI AMARETTO * | |
| FAIR CAFÉ LIQUEUR * | |
| ARRAN CREAM LIQUEUR | |
| <i>Vegan option available*</i> | |