

Canonteign Café menu

Sandwiches. £5.95

Available on multigrain, sourdough, cloudy white spelt or rye hand-made, slow-rise artisan bread.
Egg mayonnaise – egg, cress, sliced egg, and rocket. (v)
Falls Reuben- freshly carved honey roast ham, red slaw and emmental cheese.
Cheese and chutney- matured local cheddar cheese, with tomato and red onion chutney.
Crab and Avocado- Fresh line caught Cornish crab in a light lemon mayonnaise and avocado.
Chicken and bacon- freshly grilled chicken, crispy bacon, green salad, and pesto mayonnaise.
Roast beef- rare roast beef slices with creamed horseradish and rocket.

Wholemeal wraps. £5.95 served hot or cold.

Roasted vegetables, homemade hummus, green salad leaves and salsa.
Roasted chicken, homemade hummus, green salad leaves and salsa.

Salad bowls small £3.95/ large £7.95

Choice of three freshly prepared salads plus artisan bread
See fridge for today's salad choices and selection of optional extras.

Buddha bowl £7.50

See board for today's offering.

Platter for one. £6.50

Cheese- selection of three West country cheeses served with fresh fruit, selection of pickles, chutney and either artisan bread or oatcakes.
Antipasti- selection of Continental meats served with home marinated olives, selection of pickles and artisan bread.

Hot dishes

Please see specials board for dish of the day
Vegan, Vegetarian and Gluten Free options always available.

Chilli dog £6.25

Chilli sausage served in a long brioche bun topped with home-made beef chilli.

Soup. £4.95 (v)

Home-made soup served with artisan bread.
See specials board for options.

Children's menu

Pasta pesto £3.50

penne pasta served with green pesto and side of grated mild cheddar cheese.

Packed lunch £5.25

Filled roll: choice of cheese, ham or egg mayonnaise.
Langage farm yogurt.
Pom bear crisps
2 mini biscuits
Cawston press juice: Apple and pear or apple and summer berries.

Hot dog £3.50

Local Cumberland sausage served in a brioche bun

Hummus dip £2.25

Home-made hummus and carrot sticks.

Please inform us of any dietary requirements and we will be happy to help.