

Muffins Menu

Members of The Tea Council, Taste of the West and Visit Cornwall

Our first option is local food – our list of Cornish suppliers & producers 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)

DORSET CEREALS MUESLI served with Trewithen Farm semi skimmed milk	2.50
MUFFINS HEALTHY BREAKFAST SPECIAL fresh fruit topped with natural yoghurt and Dorset Cereals muesli	3.95
FREE RANGE SCRAMBLED EGGS AND TOAST WITH Tregida smoked salmon or Mr Kittow's back bacon Add a sausage!	5.25 +0.75
TOASTED BACON OR SAUSAGE SANDWICH Mr Kittow's tasty back bacon or pork sausages and thick sliced local bread	4.25
TOAST WITH MARMALADE* OR JAM* – 2 slices of thick cut bread and local preserves	1.75

Muffins Cakes & Cornish Teas

MUFFINS' FULL ENGLISH TEA A delicious tea plate containing a cucumber or tomato & cheese sandwich, a home made scone with jam and clotted cream, and a piece of cake accompanied by a pot of tea.	6.95 PP	MUFFINS' LUXURY FULL ENGLISH TEA Treat yourself to the ultimate tea plate containing a smoked salmon sandwich, a home made scone with 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*, local strawberry jam* & a pot of Twinings tea for one	4.75 PP	SCONE FOR ONE For those with smaller appetites..... A scone with jam and cream OR A scone with jam and butter	 1.75 1.60
FRESH STRAWBERRY CREAM TEA A cream tea made that little bit more special by adding a side order of fresh local strawberries (subject to availability)	5.75 PP	GENTLEMAN'S TEA Home made cheese muffin, your choice of cake from the blackboard and a pot of Twinings tea for one	from 4.45

PLEASE SEE THE BLACK-BOARD FOR TODAY'S FRESHLY BAKED, HOME-MADE CAKES ALL MADE WITH LOCAL FREE RANGE EGGS

Feel free to order an alternative drink to tea with any of the items listed above

*** AVAILABLE TO BUY IN OUR DELI 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.

PLEASE LOOK AT THE BLACKBOARDS IN THE RESTAURANT FOR TODAY'S SPECIALS

BREAD & OLIVES* – delicious olives from Olives et al - why not whet your appetite?	2.50
SOUP OF THE DAY - served with crusty bread	3.95
SOUP & PANINI COMBO – today's soup with your choice of filled panini	6.95
TOASTED PANINI & SALAD - please see the blackboard for fillings available today	5.50
SMOKED SALMON AND PRAWN OPEN SANDWICH	6.50
With local Tregida Smoked Salmon*, North Atlantic prawns and a generous salad	
CAESAR SALAD – plain or topped with Tregida smoked chicken	4.75/6.75
SAUSAGE BAGUETTE – FEATURING MR KITTOW'S FAMOUS SAUSAGES	6.25
With Cornish Chilli Company Chilli Jam* on the side as well as a generous side salad	
QUICHE OR PIE see the blackboard for today's choice	from
Served hot with a generous, fresh salad on the side. Please allow at least 10 minutes	5.95
MUFFINS TASTING PLATE	6.95
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*	
CHARCUTERIE & OLIVES PLATE	6.50
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	
THE HUNGRY PLOUGHMAN	6.95
A slice of Cornish ham and three local cheeses with crusty bread, Crelow chutneys* and a side salad	
PLOUGHMAN'S LUNCH - choose either a slice of local Kittows ham or a wedge of one of our local cheeses* (see the cheese blackboard for details) served with crusty bread, Crelow chutneys* and a side salad	5.95
GREEK SALAD – a lovely bowl of tomato, cucumber, pepper & red onion with feta cheese & olives*, and crusty bread	6.25
TWO EGG OMELETTE MADE WITH FREE RANGE EGGS FROM CORNWALL*	5.25
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.	
ADD SOME CRUSTY BREAD TO YOUR ORDER	0.75

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