

## 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 ASK ABOUT 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

# Muffins Menu

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 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 ask about fillings available today	5.50
SMOKED SALMON AND PRAWN OPEN SANDWICH With local Tregida Smoked Salmon, North Atlantic prawns and a generous salad	6.50
CAESAR SALAD – plain or topped with Tregida smoked chicken	4.75 / 6.75
SAUSAGE BAGUETTE – FEATURING MR KITTOW’S FAMOUS SAUSAGES With Chilli Jam on the side as well as a generous side salad	6.25
QUICHE OR PIE – please ask about today’s choice Served hot with a generous, fresh salad on the side. Please allow at least 10 minutes	from 5.95
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	6.50
THE HUNGRY PLOUGHMAN A slice of Cornish ham and three local cheeses with crusty bread, Crellow chutneys and a side salad	6.95
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, Crellow 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 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.	5.25
ADD SOME CRUSTY BREAD TO YOUR ORDER	0.75