

# Sunday Menu

## SUNDAY ROAST

**Regular - £8.90 Large - £10.50 Childs - £6.95**

Choice of two meats (please ask about this week's choice) or homemade vegan nut roast.

Homemade Yorkshire puddings, sea salt & rosemary roasted potatoes,

Served with a selection of vegetables and homemade gravy.

Available from 12.00pm – 2.30pm

## SOUPS, SALADS & LIGHTER BITES

### **TART THE DAY £8.95**

Warm salad served with salad & chutney.

### **BRIE WEDGES £6.90**

Three breaded brie chunks served with dressed side salad and cranberry sauce. (v)

### **WARM GOAT'S CHEESE SALAD £8.90**

Goat's cheese on a bed of mixed leaves, topped with olives & walnuts and drizzled with a balsamic glaze, served with fresh chunky bread. (v) (gf option)

### **MINI CRAB CAKES £8.90**

Three mini spiced crab cakes served with salad and chilli dip.

### **COUS COUS AND BEAN SALAD £9.50**

Spiced blend of cous cous, beans and salad, served with flat bread and hummus. (vg)

### **KING PRAWN CAESAR SALAD £9.50**

Caesar salad with king prawns served with homemade croutons.

## SANDWICHES £6.90

Served with a dressed side salad.

**Brie & Cranberry (v)**

**Mature Cheddar & Chutney (v)**

**Ham & Mustard**

**Tuna Mayonnaise**

**Fresh Prawns in homemade marie-rose sauce  
£7.65**

## SIDES

**Chips (v) £2.80**

**Cheesy Chips (v) £3.80**

**Garlic Ciabatta (v) £2.80**

**Cheesy Garlic Ciabatta (v) £3.80**

**Coleslaw (v) £2.90**

**Side Salad (v) £2.90**

**Cheese (v) £1.50**

**Beans (v) £1.50**

**Bread & Butter (v) £0.80**

**Portion of Veg (v) £2.50**

## Main Meals

### **HOMEMADE COTTAGE PIE £9.50**

Traditional homemade cottage finished pie with a cheddar mash, served with vegetables.

### **HOMEMADE VEGETARIAN COTTAGE PIE £9.50**

Traditional style cottage finished with a cheddar mash, served with vegetables. (v)

### **CHILLI CON CARNE £9.50**

Homemade chilli served with rice and garlic ciabatta (gf option)

### **VEGETARIAN CHILLI CON CARNE £9.50**

Homemade vegetarian chilli served with rice and garlic ciabatta (v,)

### **MACARONI CHEESE WITH SAGE & CHILLI £9.50**

Traditional mac and cheese with added flavour, served with garlic ciabatta. (v)

### **HOMEMADE BEEF STEAK LASAGNA £10.90**

Steak lasagne served with salad and garlic bread.

### **CHICKEN & SWEET CHILLI WRAP £7.90**

Chicken and sweet chilli wrap served with coleslaw and salad.

### **HALLOUMI & SWEET CHILLI WRAP £7.90**

Halloumi and sweet chilli wrap served with coleslaw & salad. (v)

### **THAI STYLE FISH CAKES £10.90**

Two fishcakes served with sweet chilli dip, chips and dressed salad. (gf option)

### **WHOLETAIL SCAMPI £9.50**

Scampi served with chips, dressed salad and homemade coleslaw.

### **WESTCOUNTRY HAM, EGG & CHIPS £8.90**

West country ham served with two free range eggs and chips.

### CHILDRENS MENU £5.95

**Ham, egg and chips**

**Cheese and tomato pasta (v)**

**Sausage, mash, and veggies**

**Vegetarian sausage, mash, and veggies (v)**

**Tuna Mayo Salad**

**Sandwiches – choice of Tuna Mayo, Cheese or Ham –  
served with salad and fruit.**

**The Garden Kitchen Café, Trevena Cross Nurseries,  
Breage, Helston, TR13 9PY**

01736 763184 gardenkitchen@trevenacross.co.uk

**ALLERGIES & SPECIAL DIETARY REQUIREMENTS** if unsure about any menu items please ask a member of staff. We can make many of our dish's vegetarian, vegan, or gluten free.

**OUR FACILITIES ARE NOT FOOD ALLERGEN FREE:** Steps are taken to minimise the risk of cross contamination **BUT** other meals prepared in our kitchen may contain common allergens such as **WHEAT/GLUTEN, EGGS, DAIRY, NUTS, FISH/SHELLFISH etc.**

**(v) vegetarian (vg) vegan (gf) gluten free**

**Monday – Saturday 9.00am – 4.30pm Sunday 9.30am – 4.00pm**