

Appledore  
The Quay



Instow  
Marine Parade

## TAKEAWAY DEALS

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### Breakfast *Served 8.30-1.00pm*

**THE ORIGINAL BREAKFAST BAGUETTE** £7.50  
Butcher Sausages & Cornish Farmhouse bacon served in a freshly baked 1/2 baguette. Plus any regular hot drink

**BREAKFAST BAP & HOT DRINK** £6.50  
Choose from butcher sausages or Cornish Farmhouse bacon or free range egg served in a soft bap. Plus any regular hot drink

**FRESHLY BAKED PASTRY & HOT DRINK** £5.50  
Choose from ANY of our freshly baked croissants, pain au raisin or homemade muffin. Plus any regular hot drink

### All Day

**DELI MIX & MATCH** ANY 3 £12.50  
Choose from 3 homemade deli items. Quiche, scotch eggs, sausage rolls, tortillas or all pies

**DEVON PASTY & HOT DRINK** £7.50  
Choose from ANY of our award winning pasties. Plus any regular hot drink

**HOMEMADE SOUP & ROLL** £6.00  
Enjoy our warming homemade soup of the day with a soft bap

### Sweet Treat *Served 2.00-4.00pm*

**HOMEMADE BROWNIE & HOT DRINK** £6.00  
Choose from our original or seasonal rich & indulgent chocolate brownie. Plus any regular hot drink

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## CAFE DEALS

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### Early Bird Breakfast *Served 8.30-10.30am*

**BREAKFAST BAP & HOT DRINK** £9.00  
Choose from butcher sausages or Cornish Farmhouse bacon or free range egg served in a soft bap. Plus any regular hot drink

**2 FRESHLY BAKED PASTRIES & HOT DRINK** £9.00  
Choose ANY 2 of our freshly baked croissants or pain au raisin. Plus any regular hot drink

**HOMEMADE MUFFIN & HOT DRINK** £7.00  
Enjoy a homemade muffin. Plus any regular hot drink

### All Day

**DELI TO PLATE & ANY REGULAR DRINK** £13.50  
Choose from any quiche & salad, tortilla & salad, homity pie & salad or pasty & salad. *See lunch menu for full dish details.* Plus any regular hot or cold drink inc smoothies & milkshakes. *Excludes alcohol*

### Sweet Treat *Served 2.00-4.00pm*

**HOMEMADE BROWNIE & HOT DRINK** £7.00  
Choose from our original or seasonal rich & indulgent chocolate brownie. Plus any regular hot drink

## Our food & Menu

We're proud to bring you the best of local, homemade, seasonal & quality produce from our deli kitchens. Our food is freshly prepared to order and always worth the wait!