

Appledore
The Quay



Instow
Marine Parade

CAFE DEALS

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!