

UNA KITCHEN

ST IVES

Breakfast Menu

FULL CORNISH 9

Bacon, sausage, fried egg, beans, mushroom, tomatoes, hog's pudding & hash browns

SMALL FULL CORNISH 7

Bacon, sausage, egg, beans, & hash brown

VEGGIE BREAKFAST 9

Vegetarian sausage, two eggs, beans, mushroom, tomatoes & hash brown

SMOKED SALMON & SCRAMBLED EGGS 9

AVOCADO & POACHED EGGS 8

on white toast

SMOOTHIE BOWL 7

blueberry, banana, raspberry & flax seed smoothie topped with fresh banana, blueberries & strawberries

BROWN, WHITE or GLUTEN FREE TOAST 4.5

with Cornish butter & choice of either local jam or marmalade

Many of our dishes can be made vegan or gluten free by making substitutions or altering cooking methods. Please be aware that dishes are prepared in a kitchen that uses nuts. Please ask for more information.

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Hot Drinks

AMERICANO 2.35/2.75

LATTE 2.75/2.95

CAPPUCCINO 2.75/2.95

FLAT WHITE 2.95

ESPRESSO 2.50/2.10

MOCHA 3.50

HOT CHOCOLATE 3.00

BREAKFAST TEA 2.30

HERBAL TEA 2.40

Smoothies

STRAWBERRY SPLIT 4.50
Strawberry & banana

24 CARROT GOLD 4.50
Carrots, sweet potato, mandarin and turmeric

BLUEBERRY THRILL 4.50
Blueberries, raspberries, banana & flax seeds

BERRY GO ROUND 4.50
Raspberry, blackberry & strawberry

KALE KICK 4.50
Kale, spinach & mango

Soft Drinks

ORANGE JUICE 2.30

APPLE JUICE 2.30

CRANBERRY JUICE 2.30

PINEAPPLE JUICE 2.30

JUICE CARTON 2
orange & pineapple or apple & blackcurrant

Cocktails

BLOODY MARY 7.50

MIMOSA 8

ESPRESSO MARTINI 7.50