

# Hot Drinks

Our coffee beans are Puro Fairtrade Coffee Beans

<b>Espresso</b>	£1.95
Strong Shot of Coffee - small cup	
<b>Double Espresso</b>	£2.10
<b>Americano Coffee</b>	£1.95
Long Black Coffee with Hot or Cold Milk	
<b>Cappuccino</b>	£2.20
Single Espresso topped with Hot Milk & Steamed Foam finished with Chocolate Sprinkles	
<b>Latte</b>	£2.20
Single Espresso finished with Hot Smooth Milk	
<b>Flat White</b>	£2.35
Double Espresso finished with Hot Milk	
<b>Mocha</b>	£2.20
Coffee Shot with Chocolate topped with Hot Milk and Chocolate Sprinkles	
<b>Macchiato</b>	£1.95
Strong Coffee shot topped with Steamed Foam	
All available with Decaffeinated Coffee, Soya Milk, Semi or Skimmed Milk	
<b>Cadbury's Hot Chocolate</b>	£2.20
Topped with Foam and Sprinkles	
<b>Cadbury's Child's Hot Chocolate</b>	£1.95
<b>Babycino</b>	£1.00
Steamed Milk with Sprinkles	
<b>Pot of Tea for One</b>	£1.95
<b>Speciality Teas</b>	£1.99
Earl Grey	
Lady Grey	
Peppermint	
Redbush	
Green Tea	
Chamomile	
Decaffeinated	
Fruit Tea - others available, please ask	

# Sunday Lunch Example Menu

\*\*\*\*\*

- \*Soup of the Day served with Organic Wholemeal or White Bread
- \*Prawn Cocktail with Crusty Bread
- \*Local Smoked Bacon, Avocado and Cornish Blue Salad
- \*Brie and Spinach stuffed Field Mushrooms
- \*Trio of Melon with Crisp Apple Sorbet

\*\*\*\*\*

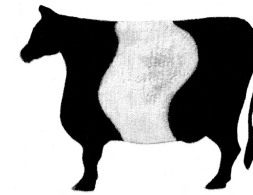
- \*Roast Chicken with Belly Pork, Crackling and Cranberry Sauce
- \*Roast Topside of Local Beef served with Yorkshire Pudding
- \*Fresh Salmon Fillet with Lemon and Thyme Sauce
- \*Roasted Vegetable Crumble

\*\*\*\*\*

- \*Treacle Tart with Stem Ginger Ice Cream
- \*Lemon Meringue Roulade with Raspberry Coulis
- \*Mixed Fruit Crumble with Custard
- \*Westcountry Junket with Shortbread Biscuit
- \*Selection of Cornish Cheeses and Biscuits

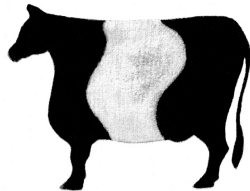
\*\*\*\*\*

A traditional Roast Lunch will be served each Sunday,  
please pre-book if possible.



## Welcome to Food @ Cowslip

Birthday or special occasion cakes can be supplied and we are delighted to discuss any special requirements for celebration meals, or special dietary requirements.



### Private Functions

We are always happy to quote for private functions, including birthday parties, business meetings, wedding receptions etc.

food@cowslip direct line (01566)772839  
e-mail: info@cowslipworkshops.co.uk  
www.cowslipworkshops.com

We are proud to specialise in using only the finest homegrown organic or locally sourced ingredients in our kitchen. We aim to ensure all our ingredients are air mile free and in season, this may vary in severe weather conditions!

Our food is cooked to order by our chefs Andrew and Vicky and most special dietary requests can be catered for.

We hope you enjoy your visit, please ask if there is anything further we can assist with to make your Cowslip Experience a pleasant one.

Organic Bread is supplied by Parkers Bakery.  
Fresh Meat delivered from P Warren & Son Butchers.  
Vegetables from Cornish Farm Produce.  
Fish from Tregida Seafoods.  
Cornish Cream and Milk from Roddas.  
Organic Ice Cream from Helsett Farm.  
Cornish Orchards Apple Juice.  
Water from Cornish Natural Spring Water.  
Sausages from Tamblyn's Sausages  
All Cheeses are local.

# Main Meals

Homemade Vegetarian Soup of the Day with Organic Wholemeal, Granary, Rye,  
White Crusty Bread or Cheese Scone £5.20  
Most soups are fat free - please ask

## Organic White or Wholemeal Seeded Baguette with Salad

Prawns in Marie-Rose Sauce (made with low fat mayo)	£7.10
Tregida Smoked Salmon with Cream Cheese (half fat available)	£7.10
Toasted Avocado, Warren's Bacon & Cornish Blue Cheese or Brie	£6.95
Home-Cooked Gammon with Mustard or Chutney	£6.95
Homemade Paté using locally Smoked Trout	£6.70
Wyke Valley Cheddar Cheese & Pickle	£6.50
Cornish Brie & Cranberry	£6.80
Local Bacon, Lettuce & Tomato	£6.95
Toasted Mozzarella Cheese & Tomato	£6.50

## AGA baked Jacket Potato served with Salad

Locally Smoked Salmon from Tregida	£7.10
Prawns with Marie-Rose Sauce (made with low fat mayo)	£7.10
Homemade Paté using locally Smoked Trout	£6.75
Home-Cooked Gammon & Pickle	£6.95
Wyke Valley Grated Cheddar Cheese	£6.50
Baked Beans & Cheddar Cheese	£6.95

Homemade Quiche of the day made with wholemeal pastry £6.95

Tortilla Wraps with various fillings served with salad £6.95

\*See specials board

## Salads

Salad Bar - Homemade salads from £7.95

Cowslip Caesar Salad with Local Chicken £7.95

Wyke Farm Cheddar Cheese Ploughmans £7.20

3 Cornish Cheeses Ploughmans £7.20

Homecooked Warren's Ham Ploughmans £7.20

All served with Organic Bread

\*Please see Board for Daily Selection of Specials

# Children's Menu

Children's Muffin Pizzas with choice of Toppings and small salad £4.00

Soup & Organic Wholemeal/White Bread £4.00

Baked Beans on Toast £3.50

Cheese on Toast £3.50

All main menu items can be made in a childrens portion.

Gluten Free Bread is available

All food is cooked to order so  
thank you for your patience.

## Homemade Cakes

A selection of delicious homemade cakes is available at the counter.

Slice of Homemade Cake made using Butter or Stork  
Gluten Free also available £2.00

Cowslip Cornish Cream Tea - 2 Warm Homemade Scones served with Jam,  
Rodda's Cornish Clotted Cream & Pot of Tea for One £6.10

AGA Toasted Tea Cake with Butter or Low fat spread £2.00

Saffron Cake Toasted with Butter or Low fat spread £2.00

Homemade Cheese Scone with Butter or Low fat spread £2.10

Helsett Farm Organic Ice Cream - 2 scoops + wafer £4.00  
Helsett Farm Organic Ice Cream with sugar cone £2.00

Vanilla, Stem Ginger, Chocolate, Strawberry, other flavours often available

Fresh Fruit available

**Desserts - Please see Specials Board**

CAKES MAY CONTAIN NUTS

## Cold Drinks

Heron Valley Drinks - Heron Valley Organic has been making award winning organic juices and cider for nearly 15 years. We're a family business and believe in only putting the best whole organic fruit in our drinks.

\*Wild Nettle Fizz £2.50

\*Cranberry Fizz

\*Lime and Ginger Fizz

\*Dandelion and Burdock

\*Pure Orange Juice

\*Apple Fizz

\*Pink Lemonade

Luscombe Organic Drinks - produced in Devon using the finest ingredients

\* Spicy Ginger Beer £2.50

\* Cool Ginger Beer

\* Sicilian Lemonade

\* Raspberry Crush

\*St Clements Orange & Lemon

\* Lime Crush

\* Fentimans Traditional Cola £2.30

\* Cornish Orchards Apple Juice £1.90

\* Elderflower Cordial - Still £1.70

- Sparkling £1.90

- Hot £1.70

Orange, Lemon or Blackcurrant Squash £0.95

Glass of Cold Milk £1.00

Glass of Sparkling Water - Cornish Natural Spring £1.50