

## PLEASE ORDER AT THE COUNTER

### FODDERS SALADS

○●	Bowl of mixed salad	£4.95
○●	Plate of mixed salad	£5.95
●	Cheese, onion and pepper quiche with salad	£9.95
○●	Nut roast with mixed salad	£9.95
	Cold gammon ham with salad	£9.95
	Lemon and thyme roast chicken with salad	£9.95
	Smoked mackerel with salad	£9.95
●	Free range eggs and mayonnaise with salad	£9.95
	Tuna fish and mayonnaise with salad	£9.95
	Prawns in mayonnaise with salad	£10.50
●	Pot of mayonnaise	70p

### FODDERS OPEN SANDWICHES

Served on baguettes or Granary bread all with mixed dressed salad leaves

	Smoked chicken with red onion marmalade	£7.95
●	Cornish Yarg cheese with pear chutney	£7.95
	Boiled gammon ham and wholegrain mustard	£7.95
	Smoked mackerel with red cabbage and horseradish dressing	£8.50
○●	Spicy chickpeas with toasted coconut and rice salad in pitta breads	£7.95
	Oak smoked salmon with cream cheese	£8.95
	Prawns in hot pepper mayonnaise	£9.95
○●	Roast vegetables and our own houmous	£7.95
●	Grilled goats cheese with roast vegetables	£7.95

● Suitable for vegetarians  
○ Suitable for vegans ask if required

## PLEASE ORDER AT THE COUNTER

All meals are prepared to order, please be patient at busy times

### FODDERS OVEN BAKED POTATOES

Served with butter or soya margarine – please specify

- Mature cheddar cheese £5.95
- Cornish blue cheese and pear chutney £6.50
- Grilled goats cheese with red pepper relish £6.50
- Cheddar cheese and coleslaw £6.75
- Cheddar cheese and baked beans £6.75
- Gammon ham and coleslaw £6.75
- Tuna fish and mayonnaise £6.75
- Free range eggs and mayonnaise £6.45
- Roast chicken, spicy mayonnaise & mango chutney £6.95
- Prawns in mayonnaise with lettuce £7.25
- Spicy chickpeas £5.75
- Baked beans £5.50

Please see the board for special dishes of the day and ask about Children's choices.

### FODDER

- Homemade soup with bread & butter £4.95
- Garlic bread with butter £2.95
- Garlic bread with soya margarine £2.95
- Garlic bread with mozzarella cheese £3.95
- Bread with butter 90p
- Bread with soya margarine 90p
- Homemade gluten free bread and butter £1.10
- Homemade gluten free bread with soya margarine £1.10

● Suitable for vegetarians

○ Suitable for vegans ask if required

## PLEASE ORDER AT THE COUNTER

### FODDERS HOMEMADE CAKES

○●	Date and walnut cake	£2.50
●	Chewy cereal bar with carob, honey nuts and seeds	£2.50
●	Lemon drizzle cake	£2.50
○●	Flapjack	£1.95
●	Plum and almond tart	£3.75
	Rice crispy cake	£1.95
●	Coffee, pecan nut and maple cake	£3.50
●	Chocolate fudge cake	£3.95
●	Toasted tea cake with butter and cinnamon	£2.50
●	Lemon meringue pie	£3.75
○●	Date and lemon slice	£3.50
○●	Apricot and orange slice	£3.50
○●	Apple and cinnamon slice	£3.50
●	Fresh cream and raspberry hazelnut meringue	£4.95
○●	Fruit and nut cake (no added sugar or fat)	£2.95
●	Banoffi pie	£3.95
●	Chocolate and almond sponge (wheat and gluten free)	£3.50
●	Almond Madeira cake (wheat and gluten free)	£3.50
●	Light fruit cake (wheat and gluten free)	£3.50
●	Large fruit scone with butter	£1.50
●	Large fruit scone with clotted cream and jam	£3.50

### Additional Dessert Portions

Clotted cream	£1.50
Pouring cream	£1.30
Whipped cream	£1.30
Jam or honey	90p

● Suitable for vegetarians  
○ Suitable for vegans ask if required

## **FODDERS HOT DRINKS**

	<b>Per person</b>	
Pot of tea (Indian PG)	<b>£1.50</b>	
Pot of decaffeinated tea (Indian PG)	<b>£1.60</b>	
Specialist Tregothnan teas grown near Truro in Cornwall	<b>£2.00</b>	
Specialist, herbal and fruit teas	<b>£1.60</b>	
	<b>Regular</b>	<b>Large</b>
Hot chocolate	<b>£2.30</b>	<b>£2.90</b>
Hot white chocolate	<b>£2.40</b>	<b>£2.95</b>
Horlicks	<b>£2.30</b>	<b>£ 2.90</b>
Hot milk with honey and nutmeg	<b>£2.30</b>	<b>£2.90</b>
Barleycup	<b>£2.30</b>	<b>£2.90</b>
Hot organic cordial - elderflower, blueberry, ginger or cranberry	<b>£1.50</b>	
Hot lime and lemongrass cordial	<b>£1.50</b>	
Hot water with fresh lemon	<b>£1.35</b>	
Whipped cream topping	<b>70p</b>	
Marshmallow topping	<b>60p</b>	

## **FODDERS COLD DRINKS**

Helford Creek fruit juices -pressed apple or apple and pear 250ml	<b>£1.95</b>
Frobishers pure squeezed orange juice 250ml	<b>£1.95</b>
Organic handmade lemonade 250 ml	<b>£1.95</b>
Organic ginger beer 250ml	<b>£1.95</b>
Coke or diet coke 330ml	<b>£1.80</b>
Coke floats	<b>£2.60</b>
Sparkling organic cordials – elderflower, blueberry, ginger or cranberry	<b>£1.85</b>
Sparkling lime and lemongrass cordial	<b>£1.85</b>
Still or sparkling Pure Blue spring water 250ml	<b>£1.50</b>
Still or sparkling Pure Blue spring water 750ml	<b>£2.80</b>
Glass of cold milk	<b>£1.60</b>
Milk shakes – chocolate, strawberry, banana, or vanilla	<b>£2.10</b>
Ice cream milk shakes – chocolate, strawberry, banana, or vanilla	<b>£2.90</b>
Glass of house wine 125 ml	<b>£3.00</b>
Glass of house wine 175ml	<b>£3.95</b>
Glass of house wine 250ml	<b>£4.95</b>
White wine Spritzer	<b>£3.50</b>
Bottle of house wine	<b>£12.95</b>
Bottle of lager brewed in Truro by Skinners 330ml	<b>£3.50</b>
Bottle of beer brewed in Truro by Skinners 500ml	<b>£3.95</b>
Bottle of medium Helford Creek cyder (500ml)	<b>£3.95</b>

## FODDERS COFFEES

All coffees available decaffeinated  
All our coffees are organic (except  
decaffeinated) and fair trade

	Regular	Large
<b>CAFÉ AU LAIT</b>	£2.00	£2.70
Coffee with hot milk		
<b>CAPPUCCINO</b>	£2.20	£2.90
A shot of espresso one third steamed milk one third froth sprinkled with chocolate		
<b>AMERICANO</b>	£2.00	£2.70
A shot of espresso topped up with hot water and served with a small jug of hot or cold milk		
<b>LATTE</b>	£2.20	£2.90
An espresso shot topped with steamed milk and a small head of micro-foam		
<b>FLAT WHITE</b>	£2.20	£2.70
A shot of espresso approximately 25ml topped with milk and micro-foam		
<b>DARK MOCHA</b>	£2.30	£3.00
A shot of coffee mixed with hot chocolate and topped with steamed milk and coated in chocolate sprinkles		
<b>WHITE MOCHA</b>	£2.30	£3.00
A shot of coffee mixed with hot white chocolate and topped with steamed milk and coated in sprinkles		
<b>ESPRESSO</b>	£1.30	£1.80
Very strong short black (25ml approx for single shot/regular) (50ml approx for double shot/large)		
<b>Macchiato</b> (Same as espresso with foam)	£1.50	£2.00
<b>EXTRA SHOTS</b>		50p
Approximately 25ml per shot		
<b>CAFETIERE of COFFEE</b>		Per person
<b>PURE ARABICA</b>	£2.00	
<b>DECAFFEINATED</b>	£2.10	
		Per person
Cream for cup of coffee	70p	
Cream for cafetiere of coffee	£1.00	
Whipped cream	70p	
Soya milk	40p	