

Lunch Menu 12 - 4pm

Bistro Dishes

Fresh Battered Catch-Fries-Tartar Sc-	£13
Fowey Mussels-Mariniere-House Focaccia-	£13
Savory Crab Tart - Salad	£9.75
Beef Burger-House Bun-Skinny Fries	£13
(Salad-Tomato-Gherkin-Onion Marmalade-Ketchup)	
Add: Gruyere Cheese-Blue Cheese OR Crispy Bacon	£1-
Frito de Misto – Tartar – Chilli Dip	£9.5
(Local Tempura Fish-Whitebait-Calamari-King Prawn)	

Ciabatta Buns 12 - 4pm

Fish Goujons Tartar Sc-Organic Leaves	£9.5
Local Cheddar - Onion Marmalade	£6.5
Fresh Crab – Mayo (Seasonal)	£9.5
Smoked Salmon - Cucumber	£7-
Served with Salad-Slaw-Cherry Tom's	
Add Skinny Fries	£3-

SIDES

House Olives – Punjabi Carrots – Hummus	£4
House Bread-Olive Oil-Balsamic Glaze	£3
Skinny Fries	£3-
Hand Cut Chunky Chips	£3.85
House Mayo	£1

Bakery Treats

Savory Crab Tart	£3.5
Cornish Sea Salt Caramel Brownie	£2-25
Date-Seed-Oat-Honey Flapjack	£2.25

Coffee/Tea & Slice Deal **£4.20**
(Week Day Only)

BP SEAFOOD PLATTER

Fresh Fish Goujons-Thai Squid
Crispy Whitebait-Smoked Salmon
Local Salad-Hummus-Pickled Carrots
House Baked Bread

ADD

½ FRESH CRAB £8.5
½ LOBSTER POA
FRESH MUSSELS £7
(When in Season)

£22 to share

Afternoon Tea **£3.95**

1 Fruit or plain Scone
Local Berry Jam
Clotted Cream OR Butter

Pot of Tea OR Fresh Americano Coffee

Add:

Herbal Tea 30p
Cappuccino 40p
Latte 40p
Hot Chocolate 55p

Soya & Lactose Free Milk
Available please ask your serve

Our Little Hounds-Doggies

We Welcome our Little Friends in the
Deli & Patio Area's-We ask owners to advise us when booking a
table so that we can accommodate our Little Hounds.
Treats available too.....

HOT DRINKS

Soya Milk & Lactose Free Milk available-FREE
TAKE AWAY COFFEE £2.30

Sabins Artisan Cornish Organic & Fair-trade 3 Bean Hand Roast Coffee

	<i>Reg</i>	<i>Lrg</i>
Cappuccino	2.30	2.50
Americano		2.40
Flat White	2.30	2.50

Latte		2.70
Cafetiere	(2 cups)	3-
Espresso	1.80	2.50
Macchiato	Espresso-Foam Milk 2-20	
Mocha - <i>Sabins coffee-chocolate-cream</i>		2.85

Add:

Monin Coffee Syrup: Vanilla-Hazelnut-Caramel	30p
Fresh Whipped Cream	40p
Cornish Fudge Stick	40p

Pot of Plymouth Tea & Herbal Loose Leaf Tea's

English Breakfast Tea	£2-pp
Earl Grey-Camomile-Mint-Jasmine-Assam-Gun Powder	

£2.25 pp

LUXURY WINTER WARMERS

Latte-Cream	2.75
Hot Chocolate-Cream-Marshmallows-	3-

Something to Warm you on those Winter Days!!!

Baileys -	
Kahlua	
Orange Brandy	£2.
Served with BP Chocolate Biscotti & Cream	

Little Seahorse's

Baby chino (warm milk-choc)	£1
Snowflake (warm milk-syrup)	£1.3
Mini Hot Chocolate	£1.5
Glass of chilled milk ½pt	£1
FEEL GOOD JUICE- Currant-Apple & Orange	£1.65

Main Road-Downderry-Cornwall PL11 3LD

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w: www.blueplatecornwall.com

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f: [Blue Plate-Downderry](#)

Beers-Cider-Soft Drinks

PENRYN - Rebel Brewery -Ales 500ml

Penryn Micro Cornish Brewery-Lush

Surf Bum-3.5% *Surfers IPA-awesome beer for summer-just give it a go!!!*

Rebel Gold-3.8% *Citrus-IPA-English style ale*

Penryn Pale-4% *Light Ale-refreshing-citrus notes*

Eighty Shilling-5% *Roasted malt flavour-classic ale*

ALL £5.5

Italian Beer Guest Cider On Draught 1/2pt 1pt

Italian Draught Larger 3/4pt **£3.90** 4.7

Guest Cider **£2.2** 4.5

Budvar 500ml 4.85

DULOE - Cornish Orchards- Cider 500ml

Heritage 5%-

Vintage 7.2%-

Pear 5%-Berry 5% 4.8

Farmhouse Still OR Fruity Cider Flagon
Flagon 1ltre **£12** ½ Flag **£6.5**

Chilled Drinks

Coke Cola-Diet 2.8-

Rose Lemonade (*Fentimans*) 3-

Lime & Soda 1pt 2-

Elderflower Presse Sparkly 700ml 8-5

Luscombe Soft Drinks 320ml

Sicilian Lemonade

St Clements

HOT Ginger Beer

Wild Elderflower **ALL £3-**

Spa Juices 1/2pt

Beetroot – Pomegranate – Mango – 3-

Sam's Tommy J 3.5

Worcester Sc-Horseradish-Rosemary-Lemon

Cloudy Apple Juice 1/2pt 2.85

blueplate Bakery

Our Own Sourdough Bread baked here-
We use Organic Flax Seeded-Somerset Flour
our Laven is over 15 years old.

Ideal Bread if you suffer from a Bloated Belly-
Gluten allergy-as this is gentler on your digestive
system.

We also bake Soda Bread for our Buns
Crab Tartlet's—just amazing.

Beef Pasties are baked Daily buy before Midday
eat like a Real Cornish Person.....

Try our Sweet Delights

Cornish Salt Brownie

Seed-Honey-Oat Flapjack

Huge Italian Meringues

Fruit & Plain Scones (Weekends)

DELI & BAKERY DAYS

Summer

Open Tuesday to Sunday 10am - 10pm

Daily: Pasties-Crab Tart-Flapjack-Brownies

Wednesday: Sourdough-Soda Buns

Friday & Saturday: Sourdough-Soda Buns

Winter

Open Thursday-Sunday 11am - 8pm

Beef Pasties-Flapjack-Brownies

Sourdough Bread

Thursday & Saturday £3.5 loaf

blue plate Café-Bar-Deli



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