

Mangetout Café Menu

Winter

BREAKFASTS:

Mangetout Breakfast (Until 11.00am) £6.50

Our classic large breakfast. Grilled bacon, local pork sausages, grilled tomato with your choice of scrambled or fried eggs, all served with granary or white toast.

The Bacon Bap £3.50

Ample grilled bacon served in a floured bap with your choice of tomato or brown sauce.

LUNCHES: (Served until 3 o'clock)

Take a look at our daily specials board or choose something from below. We use only the finest & freshest ingredients and wherever possible, local.

Freshly Made Soup "Du Jour" £4.50

Served with hand baked bread and butter. (Check specials board for today's choice).

Tuna & Tomato Pasta Bake £6.50

With a herb crumb and cheese crust.

Sweet Potato Chilli V £6.50

With a mild chilli sauce with kidney beans served with tortilla chips and yoghurt.

Sausages & Mash £6.95

Succulent "Poole Farm" sausages and creamy mash potato with caramelised red onion sauce.

GOURMET SANDWICH

Freshly made, using the freshest local ingredients on white or granary farmhouse bread, baked by our French baker.

Passage to India £4.95

Chicken, mild curry mayo with lettuce and mango chutney.

Ham It Up £4.95

Devon ham, mixed salad & mayonnaise.

Pep It Up £5.25

Black pepper salami & Emmenthal cheese.

New Yorker £5.25

Pastrami, dill pickle & mild mustard Mayo.

Mega Mouthful £5.50

Smoked chicken, bacon, Swiss cheese, mixed salad & mayo.

Chicken Lickin £5.25

Chicken, bacon, avocado & lettuce with mild mustard mayo.

Classic BLT £4.95

The classic, bacon, lettuce & tomato with mayonnaise.

Ploughman's V £4.50

Mature Cheddar & real ale chutney.

Nutty Nanny V £4.95

Goat's cheese, green salad, pine nuts & French dressing.

Egg & I V £4.25

Egg mayonnaise with cress.

Oye Vey £5.50

Smoked Salmon & cream cheese with fresh lemon juice & cracked black pepper

Deep Sea Delight £5.25

Atlantic prawns with avocado & seafood mayonnaise.

Eggs Royale £7.50

Creamy scrambled eggs on toasted granary bread served with oak smoked Scottish salmon, lemon and a twist of black pepper.

Beans meanz..... V £3.00

Piping hot Heinz baked beans served on a thick, buttered granary or white toast.

Beef Bourguignon £7.25

Warming bowl of tender locally sourced beef cooked with red wine, mushrooms & smoked bacon lardons served with crusty French baguette.

Seared Pigeon Breast £7.50

Panfried with woodland mushrooms, crispy pancetta and a herb leaf salad.

Luxury Fish Pie £7.95

Cooked with white wine & double cream finished with spinach and capers.

"Arnold Bennett Omelette" £7.95

A new twist on a favourite served "open" topped with creamy smoked haddock and parmesan cheese, rocket and watercress leaf salad.

Side Orders

Bowl of Italian Olives £3.50

Crusty French Baguette or Granary with butter £1.25

Buttered New Potatoes (When available) £2.00

Dressed green or mixed salad £2.50

GOURMET SALADS

Large freshly made salads using the very best in seasonal & local ingredients. All salads utilise our own deli stock and are served with our very special 'Mangetout' dressing.

French Fancy V £6.95

Seasonal salad of Brie de Meaux with cranberry sauce dressed with our homemade vinaigrette dressing.

Winter Classic V £6.95

Salad of crisp Pear, Walnut and Dolcelatte.

Chick Pea & Feta V £6.95

Chick Pea and crumbled Feta Cheese salad with Pitta croutons, mint and Sun-blushed Tomato salsa

Spanish Salad £7.50

Warmed Chorizo Sausage, crushed Baby Potatoes and wilted Spinach salad with Smoked Paprika Vinaigrette Dressing

Warm Chicken & Bacon £7.50

Warm Chicken & Bacon salad with Blue Cheese dressing topped with crunchy toasted croutons

Deep Sea Delight £7.95

Seasonal salad, made with succulent Atlantic prawns in a Marie-Rose sauce topped off with slices of Avocado.

Please note that all our dishes are prepared fresh to order in a kitchen that is also used for the preparation of food that contains nuts.

SOMETHING SWEET

Famous Cream Tea **£4.95**

Two large fruit or plain scones with lavish servings of Devon clotted cream, Strawberry Jam & a pot of the finest tea.

Savoury Cream Tea **£5.50**

Two large cheese or cheese & bacon scones served with our local cheddar and a dollop of chutney and a pot of the finest tea.

Scones & Teacakes

Large Fruit or Plain scone served with butter	£1.75
Large Bacon, cheese & chive scone with butter	£1.95
Toasted Teacake with butter	£1.75

CAKES & TARTS

All baked by our Master cake creators Dinah & April in our own bakery where only the best ingredients are used.

FRESH CAKE FROM OUR WINDOW

As all our cakes and tarts are freshly baked please check our window or ask your waiter for availability from below:
Carrot Cake / Coffee & Walnut / Lemon & Lime / Chocolate Fudge / Amaretto & Raspberry / Victoria Sponge / Chocolate Biscuit Cake / Fruit Cake / Orange Drizzle Cake / Apple & Elderflower / Raspberry & Almond.

Slice of Fresh Cake **£2.50**

Slice of Tart **£2.95**

Served with a dollop of Devon clotted cream

Flapjack or Chocolate Brownie **£1.95**

Cupcake (All Varieties) **£1.75**

HOUSE WINES

175ml Glass	£3.50
250ml Glass	£4.50
Bottle	£12.95

St. Jean blanc cotes du gascogne. Well balanced dry and crisp white wine. Fresh and tangy on the nose yet round on the palate. For every occasion!

GPG Pinot Grigio Gargenega, Italy. Pinot Grigio's simplicity is its attraction. A clean, crisp, dry palate with plenty of texture and weight follows aromas of apples and zesty lemons.

St Jean Rosé, Vin de Pays d'Oc, France. A fresh and delicate rosé, packed with subtle summer fruit flavours.

St Jean Rouge, Vin de Pays d'Oc, France. A classic Southern French wine, grown, and bottled with love. Full of dark berry fruit flavours and soft on the palate.

Tierra Alta Merlot, Chile Merlot thrives on the slopes of this pencil thin country, where the sunshine is tempered by the cool breeze of the Andes.

COFFEES

We only use the finest coffee beans which are hand roasted locally in Devon for freshness. Our Nuevo Simonelli coffee machine is recognised as one of the worlds best and our staff are all trained to deliver the perfect cup of coffee, whichever way you like it!

Espresso	£1.50
Double Espresso	£2.00
Cappuccino	£1.95
Cappuccino Deluxe	£2.25
Café Latte	£1.95
Americano	£1.95
Mocha	£2.25
Cafetiere	£2.00
Simple Black or White Coffee	£1.75

HOT CHOCOLATES

Continental chocolate **£1.95**

Chocolate topped with frothy milk & dusted with chocolate.

Continental chocolate deluxe **£2.25**

As above inclusive of whipped cream & flakes of chocolate.

CLASSIC TEAS

A steaming pot of Miles Indian Blend **£1.45**

Assam, Darjeeling, Earl Grey, English breakfast or Ceylon
Please ask for our selection of herbal and fruit teas

MILKSHAKES

Banana, chocolate, strawberry or vanilla **£2.25**

Double thick, & smooth, freshly made with dairy ice cream & topped with chocolate flakes.

BEERS

Leffe Blonde 330ml	£2.75
Peroni Nastro Azzuri 330ml	£2.75
Gaymers Devon Cider 500ml	£3.00
Quercus Brewery Shingle Bay Ale 500ml	£3.00
Quercus Brewery Prospect Ale 500ml	£3.00

COOL DRINKS

Heron Valley Orange Juice	£1.75
Heron Valley Organic Apple Juice	£1.75
Heron Valley Organic Apple & Pear	£1.75
Elderflower Presse	£1.65
Cranberry & Orange Presse	£1.65
Luscombes Organic Ginger Beer	£1.95
Mineral Water (still or sparkling)	£1.45
Coca Cola	£1.45
Diet Coke	£1.45
Sanpellegrino Orange / Lemon	£1.50