

### Oven Baked Jacket Potatoes

Lightly Oiled & Seasoned, Oven Baked & served with Butter & Generous Salad Garnish	
Plain, but generous with Butter	£5.50
Baked Beans or Homemade Coleslaw or Egg Mayonnaise	£6.45
Cheese - Davidstow Mature Cheddar / & Baked Beans	£6.45 / £7.45
Cream Cheese / & Baked Beans	£6.45 / £7.45
Chicken in Mayonnaise* / Chicken in Curried Mayonnaise*	£7.75
Home Cooked Ham / & Davidstow Mature Cheddar Cheese	£6.65 / £7.65
Trevarthen's Gammon Ham - Cooked & Hand Carved on the premises	
Prawns in Marie Rose Sauce or Mayonnaise, or served plain	£7.95
Smoked Salmon or Smoked Salmon & Cream Cheese	£7.95
Tuna Mayonnaise / & Davidstow Mature Cheddar Cheese	£7.15 / £8.15
Extra Fillings - Coleslaw, Cheese, Egg Mayo, Tuna Mayonnaise, Home Cooked Ham	each £1.00
Toppings - Cucumber, Tomato, Pineapple, Sweetcorn, Sweet Pickle or Homemade Chutney, Onion	each £0.55

### Omelettes

Made with 3 Cornish Free Range Eggs, and served with Generous Salad Garnish	
Plain	£5.95
One filling: Choose one item - Bacon, Sausage, Home Cooked Ham, Cheese or Mushroom	£7.25
Two filling: Choose any two items - Bacon, Sausage, Home Cooked Ham, Cheese or Mushroom	£7.95
Prawn	£7.95
Smoked Salmon or Smoked Salmon & Cream Cheese	£7.95
Extra Fillings - Bacon, Sausage, Home Cooked Ham, Cheese or Mushroom	each £1.00
Toppings - Tomato, Pineapple, Sweetcorn, Onion	each £0.55

### Side Orders

When served as an extra with any Brunch, Sandwich, or other Main Course item	
Baked Beans	£1.50
Homemade Potato Salad	£2.75
Side Salad Garnish	£2.75
Lettuce, cucumber, tomato, homemade coleslaw and salad of the day	

### Salads

House Salad Bowl	£6.95
Lettuce, cucumber, tomato, and our homemade combination salads of Coleslaw, Potato Salad & Salad of the Day	
Huntsman's (Ham)	£9.25
Trevarthen's Gammon Ham - Cooked & Hand Carved on the premises, served with homemade chutney, homemade coleslaw, pickled onions, apple, celery, salad & warm bread roll & butter	
Ploughman's (Cheese)	£9.25
Davidstow Mature Cheddar and / or Brie, served with homemade chutney, homemade coleslaw, pickled onions, apple, celery, salad & warm bread roll & butter	
Chicken* - Plain, Mayonnaise or Curried Mayonnaise	£8.95
Prawns in Marie Rose Sauce or Mayonnaise, or served plain	£8.95
Smoked Salmon or Smoked Salmon & Cream Cheese	£9.25
Fresh Cornish Crab* Salad	Subject to availability & market price
4oz (113g) of hand picked Fresh Cornish White Crab* Meat, served plain with Mayonnaise or Lemon Mayonnaise	

***Please see our Specials Board***

***\*May contain small bones or traces of shell.***

#### Please Note:

Our café prepares and serves products that contain peanuts, tree nuts, fish, shellfish, eggs, milk, soy and gluten. Regular kitchen operations involve shared cooking and preparation areas, and food variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, and/or preparation at the restaurant. For these reasons, we cannot guarantee that any menu item will be completely free of allergens.

(Main Menu – December 2017)

# BAMBU CAFÉ

[www.bambucafe.co.uk](http://www.bambucafe.co.uk)



**Welcome to Bambu.**

**We will take your order at the table**

Many items on our menu are suitable for vegetarians & gluten intolerant.

Please advise us of any other special dietary requirements at the time of ordering.

Revised or cancelled orders may incur an additional charge.

**We cannot guarantee our products are allergen free-please ask if you have concerns.**

As indicated, where possible our produce is Cornish or locally sourced.

Children's portions are available at a 25% discount - please ask for details.

Takeaway is available at a 10% discount on many items.

**Credit/Debit Cards accepted - Minimum transaction £5.00**

During busy periods we will advise you of approximate food service waiting times.

We reserve the right not to offer drinks or snacks only service at peak times.

### **Bambu Gift Vouchers are available**

*with a minimum value of £7.50*

If you would like a copy of our menu please ask. We do ask that you do not remove this menu.

*thank you*

**4/5 Pydar Mews, Truro TR1 2UX**

**Tel: 01872 260144**

**Entrance to 'Mews' opposite Boots**

[www.bambucafe.co.uk](http://www.bambucafe.co.uk)

## Coffees

All coffees made with fine Italian 100% Arabica coffee. Decaffeinated available at a 20p supplement per shot

Espresso / Double Espresso	£2.05 / £2.40
Americano / Large Americano - Shot of espresso topped up with hot water, served black or with hot or cold milk	£2.20 / £2.65
Macchiato / Large Macchiato - Espresso topped with steamed milk froth	£2.20 / £2.65
Cappuccino / Large Cappuccino - A velvety coffee with 1/3 espresso, 1/3 steamed milk & 1/3 froth, sprinkled with chocolate	£2.45 / £3.05
Café Latte / Large Latte - A milky coffee made with espresso, lots of steamed milk and a layer of lusciously smooth foam	£2.45 / £3.05
Flat White - A short double shot of rich espresso, served with velvety smooth foam	£2.80
Mocha Latte / Large Mocha Latte - As Café Latte, with the addition of rich dark chocolate syrup	£2.95 / £3.60
Extra shot of espresso	£0.40
Whipped Cream, Syrups or Chocolate Flake	£0.45

## Teas & Infusions All served by the pot per person

House Tea served with milk or lemon	£2.10
Twining's Tea, Speciality Teas & Infusions	£2.30
Decaffeinated, Assam, Darjeeling, Earl Grey, Green, Camomile, Peppermint - Please ask for fruit infusions	

## Hot Chocolates & Other Hot Drinks

All Hot Chocolate drinks made with luxurious Green & Black's Organic Drinking Chocolate

Hot Chocolate / Large Hot Chocolate	£2.75 / £3.40
Hot Chocolate with Whipped Cream / Large	£2.95 / £3.60
Hot Chocolate Cream & Flake or Marshmallow / Large	£3.25 / £3.75
Hot Chocolate The Works	£3.55 / £4.05
Horlicks / Large Horlicks	£2.60 / £3.25
Hot Water (per glass)	£0.50
Bovril	£2.60 / £3.25

*\* We use Cornish Semi-Skimmed milk in all our milk based drinks or drinks served with milk*

## Chilled Drinks

All Minerals & Juices are served chilled and from individual cans or bottles to guarantee freshness

Chilled Minerals - please ask for our current selection	£1.90
Chilled Mineral Float - As above & topped with Roskilly's Ice Cream	£2.95
Bottled Water - Cornish Sparkling or Still	£1.90
Cordials - Robinsons Orange or Lemon - No Added Sugar	£1.30
Pure Orange Juice - 100% natural	£2.80
Cornish Orchards Cloudy Apple Juice, Elderflower Presse, Cranberry & Raspberry Sparkle	£2.80
Luscombe Organic Ginger Beer from Devon	£2.95
Milk shakes - Strawberry, Raspberry, Chocolate, Vanilla or Coffee Made with Roskilly's Cornish Ice Cream & Cornish Semi-Skimmed Milk	£3.25
Glass of Cornish Semi-Skimmed Milk - Chilled / Hot	£1.80 / £1.90

## Snacks

Bread Roll & Butter - White or Wholemeal	£1.50
Bread & Butter - 2 slices White or Wholemeal	£1.50
Round of Buttered Thick Toast - White or Wholemeal	£1.50
Toasted Crumpets - 2 per portion	£2.10
Toasted Teacake & Butter	£2.10
Garlic Ciabatta - Ciabatta Bread, generously spread with our own Garlic Parsley Butter & oven baked	£3.95
Cheesy Garlic Ciabatta - As above, topped with melted Davidstow Mature Cheddar Cheese	£4.95
Honey / Boddington's Strawberry Jam / Marmalade / Clotted Cream	£0.65

## Homemade Biscuits, Cakes & Scones (including some gluten free options)

Biscuits, Shortbread and Traybakes	From £1.60
Flapjack / Chocolate Caramel Shortbread	£2.80 / £3.00
Cakes - Please view our display or ask for our current selection	From £3.50
Cheese, Fruit or Plain Scone with butter-served warm	£2.10
Cheese Scone x 1, with Cream Cheese & Homemade Chutney (tea not included)	£2.95
Scone x 1 fruit or plain, Boddington's Strawberry Jam from Mevagissey & Cornish clotted cream (tea not included)	£2.95
Cornish Cream Tea (per person) - 2 scones of your choice, Boddington's Strawberry Jam from Mevagissey,	
Cornish Clotted Cream and pot of tea or infusion for one	£5.95
Bambu Savoury Tea (per person) - 2 cheese scones with cream cheese & homemade chutney and pot of tea or infusion for one	£5.95

## Roskilly's Cornish Farmhouse Ice Cream & Sundaes

From St Keverne, near Helston - Made with Organic Jersey Milk & Cream

1 / 2 / 3 Scoops - Dessert Sauce included - please ask for our current flavours	£2.70 / £3.45 / £4.20
Sundaes - <b>Please ask for our Ice Cream &amp; Sundae Menu</b>	£5.50

## Brunches & Breakfasts Served on freshly toasted, local baker's bread unless where stated

Baked Beans on Toast ...	£4.95
Davidstow Mature Cheddar Cheese on Toast ...	£5.15
Sauté Mushrooms on Toast ...	£5.15
Cornish Free Range Eggs (2) on Toast - Poached, Fried or Scrambled	£4.95
... to any of the above add 2 Rashers of Bacon or 2 Sausages	£2.00
All Day Breakfast - Toast not included	£7.25
R J Trevarthen's Local Pork Sausage & 2 Rashers of un-smoked Local Back Bacon, Flat Mushroom, Whole Tomato, Baked Beans & 2 Cornish Free Range Eggs - Poached, Fried or Scrambled. Variations at the discretion of the kitchen - may incur supplement.	
Round of buttered thick toast	£1.50
Scrambled Cornish Free Range Eggs (2) & Smoked Salmon on Toast	£7.75
Eggs Benedict - 2 Poached Cornish Free Range Eggs & Home Cooked Ham on Toasted Muffin, glazed with Hollandaise Sauce	£7.50
Eggs Royale - 2 Poached Cornish Free Range Eggs & Smoked Salmon on Toasted Muffin, glazed with Hollandaise Sauce	£7.75

## Homemade Soup & Seasonal Specials

Please see our specials boards or ask a member of staff

Homemade Soup, with roll & butter / our own Garlic Ciabatta	£5.80 / £6.80
A generous bowl of our homemade soup, served piping hot, with warm Artisan Bread Roll, or our own Garlic Ciabatta	

**Please note:** We frequently make our soups with homemade chicken or ham stock - Vegetarian soups are identified with a 'V' on our specials board

## Freshly Made Sandwiches / Toasted Sandwiches

Made to order with daily fresh, local baker's bread and served with generous salad garnish

	Sandwich	Toasted
Bacon	£5.15	£5.65
All our Bacon Sandwiches are filled with R J Trevarthen's un-smoked Local Back Bacon		
BLT - Bacon, Lettuce, Tomato & Mayonnaise	£6.45	£6.95
BTC - Bacon, Tomato & Davidstow Mature Cheddar Cheese	£6.45	£6.95
BBC - Bacon, Brie & Cranberry Sauce	£6.45	£6.95
Bambu Club - Triple Decker with Bacon, Chicken*, Lettuce, Tomato & Mayonnaise	£8.75	£9.50
Cheese - Davidstow Mature Cheddar from Davidstow, near Camelford	£5.15	£5.65
Chicken in Mayonnaise* / Chicken in Curried Mayonnaise*	£6.50	£7.00
Crab* - 4 oz / 113g of fresh hand-picked Cornish white crab meat		Subject to availability & market price
Served plain, with Mayonnaise or Lemon Mayonnaise		
Egg Mayonnaise - Cornish Free Range Eggs	£5.15	N/A
Fried Cornish Free Range Egg (2)	£5.15	£5.65
Goat's Cheese - Soft Goat's Cheese, Homemade Red Onion Marmalade & Rocket	£6.50	£7.00
Ham - Trevarthen's Gammon Ham - Cooked & Hand Carved on the premises	£5.15	£5.65
Ham & Cheese - Our home cooked Ham & Davidstow Mature Cheddar Cheese	£6.25	£6.75
Hawaiian - Home Cooked Ham, Davidstow Mature Cheddar, Pineapple & Mayonnaise	£6.45	£6.95
Prawns in Marie Rose Sauce or Mayonnaise, or served plain	£6.95	N/A
Salad - Our Homemade Coleslaw, Lettuce Tomato & Cucumber	£5.15	N/A
Sausage - R J Trevarthen's Local Pork Sausages	£5.15	£5.65
Smoked Salmon or Smoked Salmon & Cream Cheese	£6.95	N/A
Smoked Salmon, Rocket and Horseradish	£6.95	N/A
Tuna Mayonnaise	£5.75	£6.25
Tuna Mayonnaise & Davidstow Mature Cheddar Cheese	£6.75	£7.25
Toppings - Coleslaw, Cucumber, Tomato, Pineapple, Sweetcorn,	each £0.55	£0.55
Sweet Pickle or Homemade Chutney, Onion		

**\*May contain small bones or traces of shell.**