

The nauti menu

Summer / Autumn 2019

Brunch (9am - 3pm)

Fry Up £8.75
Award winning Cornish sausage, bacon, griddled tomato, mushrooms, fried egg, Heinz beans, toast, hash browns and hogs pudding.

Vegan Breakfast £8.75
Field mushroom, vine tomatoes, homemade baked beans, avocado and sourdough.
Go veggie - add an egg - £1.00

Eggs Benedict Served with smoked, streaky bacon. £8.25

Bacon Roll | Sausage Bap £3.50 | £3.95

NEW Dan's BLT Baker Tom brioche roll filled with avocado, bacon and tomato topped with a fried egg £6.50

Avocado and Feta Cheese £5.95
on sourdough toast with chilli flakes

Eggs on Toast £7.25
Poached or scrambled eggs, vine tomatoes and watercress served on sourdough toast.

Sourdough or Rye Toast, Butter and Jam £2.50

American Waffles £6.50
Served with fruit compote and yoghurt
Served with smoked streaky bacon and maple syrup.

Breakfast Extras £1.00
GF Toast Option £1.00

Mains (12pm - 3pm)

Sandwiches

Baker Tom's bread served with a fresh crisp salad and coleslaw. Sandwich

Crab Locally caught Helford river crab with lemon juice. £11.50

BLT Cornish bacon, tomato and crisp salad. £5.50

Cornish Ham Home cooked local ham, wholegrain English mustard. £5.50

Fish Finger Sandwich £6.75
Cod fillet fish in Baker Tom bread.

Panini or Toastie

Toasted Italian style ciabatta or Baker Tom bread served with a fresh crisp salad and coleslaw. Panini : Toastie
£6.95 : £5.95

Cheese, Chorizo and Chilli Jam
Mature cheddar, spicy chorizo and chilli jam.

Cornish Bacon
Brie, Cornish bacon and cranberry jam.

Cheese and Ham
Mature cheddar and home cooked Cornish ham.

Halloumi, Red Pesto and Spinach
GF Toastie Option £1.00

NEW Open Sandwiches
Garlic Mushrooms on Sourdough £7.25
A mix of wild garlic mushrooms, houmous, fresh spinach topped with a fried egg

Beetroot, Houmous and Halloumi £7.25
on toasted rye bread

Fresh Local Crab and Avocado on Sourdough £11.95
A delightful combination of fresh crab, avocado, radish and streaky bacon. Served with a delicate lemon and mayonaise dressing

NEW Burgers
Go Classic 4oz Burger simply topped with lettuce, tomato and homemade relish in a Baker Tom brioche roll Add cheese – £1.00 £7.95

The 'Nauti' One A loaded burger with beetroot, lettuce, pepper jack cheese, relish and fried egg £9.25

Go Veggie The lentil and bean burger served with lettuce, tomato, chilli jam and fried egg £9.00

Sides

Chips £2.50

Cheesy Chips £4.00

Kids

Brunch (9am to 3pm)

Waffles £4.00
Served with maple syrup

Kids Fry Up £5.50

Bacon, sausage, Heinz baked beans, egg and toast.

Mains (12pm to 3pm)

Nippers Roll £2.95

Cheese or ham served on Baker Tom Roll with tomato and cucumber.

Sausage and Chips £5.50

Proper sausage with chips and Heinz beans.
Rounded off with a scoop of your favourite ice cream.

Fish Fingers and Chips £5.50

Cod fillet fish fingers, chips and Heinz beans.
Rounded off with a scoop of your favourite ice cream.

Sweet Stuff

Cream Tea £5.95

Homemade scones, strawberry jam and Rodda's Cornish clotted cream served with a pot of breakfast tea.

Coffee Upgrade add 50p

Toasted Tea Cake £2.50

Home Made Cakes and Slices from £2.95

Food allergies and intolerances – Please speak to our staff about the ingredients we use in our meals.

Menu correct at time of printing

Please order at the counter. See board for daily specials.

In a dash? Please check order times with your server.

Roskilly's Ice Cream

Roskilly's Ice Cream

Fantastic organic ice cream made just up the road. Roskilly's Jersey cows produce superior quality milk. Just what's needed to make your favourite treat.

P.S. We have got over 30 different flavours...

Ice Cream Sundaes £5.50

Luxurious ice cream sundaes, the business.

'Affogato' £3.50

Single shot of espresso and a dollop of ice cream

People we do business with

We use carefully selected suppliers who care about the food they produce...

Bread and rolls **Baker Tom** Redruth
Coffee **Origin** Helston
Ice cream **Roskilly's** Coverack
Milk and clotted cream **Rodda's** Scorrier
Fruit and Veg **Westcountry Fruit Sales** Falmouth
Fresh meat **Dales Butcher** Helston
Fish **Kynance Cornish Crab**
Beverages **St Austell Brewery**

How did we do?

Please let us know your thoughts, the good, the bad and the ugly!

nauti but ice

Ice Cream Parlour & Coffee Shop

Commercial Rd, Porthleven, Helston, Cornwall TR13 9JE

Tel 01326 573747  

Coffees

ORIGIN[®]
coffee roasters

Notes on the coffee

A creamy cup with notes of chocolate cookie, toasted walnut, cocoa and dark toffee. The first up of a new blend. Featuring two coffees sourced from Central America; 65% Nicaragua Finca Los Altos (Washed) & 35% El Salvador Finca Santa Elena (Washed).



Americano

£2.55



Flat White

£2.65



Cappuccino

£2.75



Babycino

£1.00



Latte

£2.75



Mumbai Railway Chai Latte

£2.95



Affogato

£3.50

Single shot of espresso with a dollop of your favourite ice cream.



Iced Coffee

£3.85

Double espresso, dollop of vanilla ice cream over crushed ice.



Espresso

£2.00

Go Dairy Free
- Add Oat Milk -
+ £0.25



Mocha

£2.85

Teas

English breakfast tea £2.10

Posh Teas £2.10

Earl Grey, green tea, tripple mint, red berry, lemongrass and ginger

Hot Chocolate

Regular £2.75

Simple, straightforward and fair trade.

Nauti Hot Chocolate £2.95

Topped with cream and marshmallows.

Soft Drinks

Roskilly's ice cream milkshake £3.75

2 scoops of your favourite ice cream whipped into the perfect milkshake.

Cornish Orchards £2.85

Lemonade, Elderflower Presse or Ginger Beer

Frobisher's Premium Apple Juice £2.95

Frobisher's Premium Orange Juice £2.95

Glass of milk £0.95

For Kids Feel Good Carton (100% natural) £1.85

Blackcurrent and Apple or Orange and Pineapple

Water Still or sparkling. £1.90

Coke, Diet Coke and Fanta £2.35

San Pellegrino £1.80

Lemon or Orange

Alcoholic Drinks

Draft beer by the Schooner (2/3 pint) £3.60

San Miguel / Poretti / Shedhead IPA

Cornish Orchards Cider £4.25

Wine (please ask for wine list)

House Red | White | Rose 175ml £4.75 Bottle £18

Posh Wines Bottle £20

Caraffe of Vino Verdi An ice cold, light, £18

sparkling white wine – perfect summer tippie

Prosecco Bottle Bottle £20

Soft but not too dry Small £6.95

Have you seen our nauti neighbours?

GO nauti
Take-Away Kitchen
PIZZA RESTAURANT

Opening times

9am – 5.00pm extending to 9am – 9pm in summer months

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Tel 01326 573747

Gift Vouchers

Treat your best friends & family
with a fantastic Nauti Gift Voucher.

Ask at the counter for more information

Visit us at...

National Trust
The Stables Café
Penrose