

The nauti menu

Summer / Autumn 2018

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

NEW Eggs Benedict Served with smoked, streaky bacon. £8.25

Bacon Roll | Sausage Bap £3.50 | £3.95

NEW 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 Toast, Butter and Jam £2.50

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

The not so 'Nauti' Granola! £5.50
Oats nuts & seeds oven roasted the 'Nauti' way! Topped with yoghurt, fruit compote & a selection of fresh fruit.

Breakfast Extras £1.00
GF Toastie Option £1.00

Mains (12pm - 3pm)

Sandwiches

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

Crab Locally caught Helford river crab with lemon juice. £8.95

BLT Cornish bacon, tomato and crisp salad. £5.50

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

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

Houmous, Roasted Veg and Avocado £5.50

Panini or Toastie

Toasted Italian style ciabatta or Baker Tom bread served with a fresh crisp salad. Panini : Toastie

Cheese, Chorizo and Chilli Jam £6.95 : £5.95
Mature cheddar, spicy chorizo and Roskilly's chilli jam.

Cornish Bacon
Brie, Cornish bacon and cranberry jam.

Cheese and Ham
Mature cheddar and home cooked Cornish ham.

Halloumi, Pesto and Roasted Vegetables

GF Toastie Option £1.00

Nauti Classics

Ham, Egg and Chips £8.50

Pulled Pork Bap £9.50
Served with chips and slaw.

Crab Rarebit £8.75
Savoury sauce of melted cheese and fresh Cornish crab served with sourdough toast and salad.

Posh Cheese on Toast £8.75
Savoury sauce of melted cheese served with sourdough toast and homemade baked beans

Falafels £9.00
Served with tahini dressing, pitta, salad and slaw

Sides

Chips £2.50

Cheesy Chips £3.50

Kids

Brunch (9am to 3pm)

Waffles £4.00
Served with maple syrup

Beans on Toast £3.95

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 Suki 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

£0.75



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

Suki English breakfast tea £2.10

Posh Teas £2.10

Including award winning Apple loves mint, Earl Grey, Camomile, Mango Tango, Green tea, Peppermint, Spiced Citrus, Rooibos, Red Berry.

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, Fanta and Sprite £2.35

San Pellegrino £1.80
Lemon or Orange

Alcoholic Drinks

Draft Lager by the Schooner (¾ pint) £3.60

San Miguel / Poretti

Cornish Orchards Cider £4.25

St Austell Brewery Tribute Pale Ale £3.95

Wine Wines change seasonally

House Red 175ml £3.75 Bottle £14

House Rose 175ml £3.75 Bottle £14

House White 175ml £3.75 Bottle £14

(125ml glasses available)

Prosecco Bottle Soft but not too dry **Bottle £18**

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