

Morning

Toast, 2 Slices - £2.25 (available buttered)

Wholemeal - White - Gluten Free

With
Jam - Honey - Peanut Butter - Marmite

On Toast - £3.75

Wholemeal - White - Gluten Free

Beans - Cheese - 2 Eggs

(Poached, Scrambled, Boiled or Fried)

Afternoon

Sandwiches - £4.00

Wholemeal - White - Wrap - Gluten Free

Falafel - Egg - Cheese - Ham - Tuna

Toasted Sandwiches - £4.00

Wholemeal - White - Gluten Free

Cheese - Ham - Tuna

Paninis - £4.50

Cheese - Ham - Tuna
Extra filling, 50p each

2 Egg Omelette - £4.00

Mushroom - Cheese - Ham
Extra fillings, 50p each

Desserts and Specials

Homemade Cakes and Treats made daily

£1.00 - £3.00

Cream Tea

2 Homemade Scones, Jam, Cream
and a Cup of Tea - £5.00

**Please ask or look at our
Specials Board
for more information**

All Afternoon meals are served with Salad,
Garnish and Turning Tides Coleslaw or Relish

All menu items are subject to availability

As we do use nuts in some of our recipes, we
cannot guarantee that other foods are totally
nut free

All orders for food and hot drinks must be
placed 30 minutes or more before closing time

25 Exeter Road
Crediton
Devon
EX17 3BL



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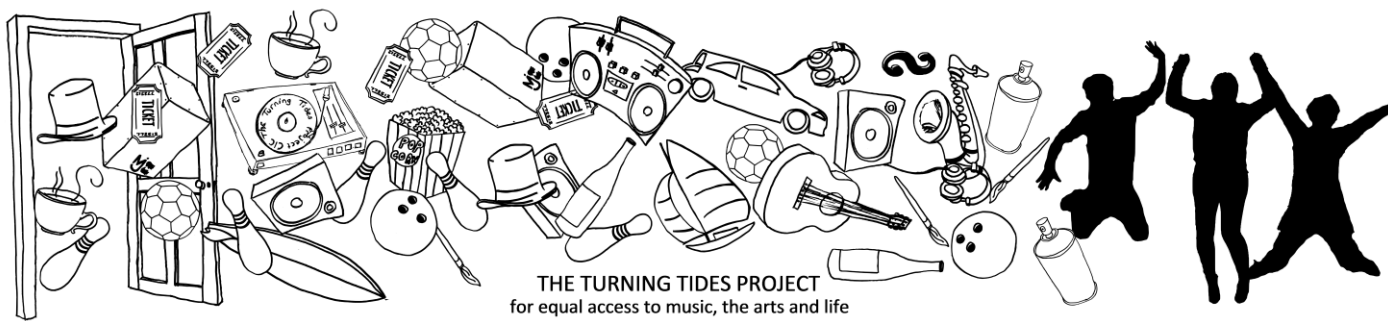


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Drinks

Hot Drinks

Pot of Tea - £1.75

Pot of Specialty Tea - £1.75

Cafetière of Coffee for 1 - £2.50

Cafetière of Coffee for 2 - £5.00

Decaff available

Cold Drinks

Squash - Orange or Blackcurrant - 75p

Cordial - Elderflower or Lime and Ginger -
£1.50

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The Turning Tides Project

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www.theturningtidesproject.org.uk

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