

THE EASTGATE CAFÉ & BRASSERIE

Please see our blackboards for our daily homemade specials

All Day Breakfasts & Brunches

Eastgate Full English Breakfast	£10.95
Two Sausages, Two rashers of Bacon, Two Free Range Eggs, Grilled Tomato & Fried Mushrooms, Baked Beans, Hash Browns & Black Pudding, served with a Thick Slice of White or Wholemeal Toast <i>Add extras £1.10 each. Or Chips £2.00</i>	
Traditional English Breakfast GF	£7.95
Two Sausages, Two rashers of Bacon, Free Range Egg, Grilled Tomato & Fried Mushrooms, served with a Thick Slice of White or Wholemeal Toast <i>Add Baked Beans, Black Pudding or Hash Browns £1.10 Each or Chips £2.00.</i>	
Vegetarian Breakfast V GF	£6.95
Two Quorn Sausages, Free Range Egg, Grilled Tomato, Fried Mushrooms & Baked Beans served with a Thick Slice of White or Wholemeal Toast <i>Add Hash Browns or extras £1.10 each or Chips £2.00</i>	
Scrambled Eggs & Smoked Salmon GF	£7.95
Three Free Range Eggs Scrambled, with Scottish Oak Smoked Salmon, served with a Thick Slice of Warm Wholemeal or White Toast	
Eggs Benedict GF	£7.75
Two Poached Eggs with Ham served on a Toasted Muffin & topped with Hollandaise Sauce	
Eggs Royale GF	£7.75
Two Poached Eggs with Scottish Oak Smoked Salmon served on a Toasted Muffin & topped with Hollandaise Sauce	
Eggs Florentine V GF	£7.75
Two Poached Eggs with Wilted Spinach served on a Toasted Muffin & topped with Hollandaise Sauce	
Free Range Omelette V GF	£7.95
A Free Range Three Egg Omelette served plain or with a choice of one of the following fillings: Cheese, Ham or Mushrooms. Served with a Dressed Salad Garnish, Coleslaw & Chips <i>Additional fillings £1.10 each</i>	
Porridge V	£3.95
Traditional Porridge served with Fresh Fruit & Honey	
Toast with Jam or Marmalade V GF	£2.50
Two Thick Slices of Wholemeal or White Toast served with Strawberry Jam or Marmalade	
Choose your own (min. 4 items)	each £1.10
Sausage, Bacon, Black Pudding, Free Range Egg, Grilled Tomato, Fried Mushrooms, Baked Beans, Quorn Sausage, Hash Browns, Slice of White or Wholemeal Toast	

Paninis

Freshly made to order with dressed salad garnish & homemade coleslaw

All £7.75

Bacon, Brie & Cranberry
Cajun Chicken, Mango Chutney & Mozzarella Cheese
Roasted Vegetables, Pesto & Goats Cheese V
Chicken, Red Onion Marmalade & Mozzarella Cheese
Ham, Cheddar, Tomato & Dijon Mustard

Club Sandwiches

Served with skinny fries

All £8.95

The Club

A double layer of Bacon, Chicken, Lettuce, Tomato & Mayonnaise in Toasted White Bread

The Veggie Club V

A double layer of Halloumi, Hummus, Lettuce, Tomato & Olives in Toasted White Bread

Starters & Light Bites

Homemade Soup of the Day V GF	£5.50	EastGate Vegetarian Mezze V GF	£7.95
Served with a hunk of Granary or White Bread		Roasted Vegetables, Olives, Hummus, Sun Blushed Tomatoes & Toasted Ciabatta Bread. <i>Add halloumi for £2.00</i>	
Garlic Mushrooms on Toasted Ciabatta V GF	£6.25	Chicken Liver Pate GF	£6.25
A selection of Mushrooms cooked in a Cream & Garlic Sauce, served on Toasted Ciabatta Bread		Served with Homemade Red Onion Marmalade, Dressed Salad Garnish & Toast	
Homemade Crab Cakes	£6.95	Homemade Crumbed Chicken Goujons	£6.25
Served with a Dressed Salad Garnish & Sweet Chilli Dip		Served with Dressed Salad Leaves & Devon Fire Chutney	

Classics

Homemade Steak & Stilton Pie	£11.95
Tender Chunks of Beef in Gravy topped with Stilton Cheese, encased in Homemade Shortcrust Pastry, served with Chips & Peas	
Homemade Chicken Curry GF	£10.50
Served with Steamed Rice, Naan Bread & Mango Chutney	
Ham, Eggs, Chips & Peas GF	£9.25
Local Ham, Two Free Range Eggs, Chips & Peas	
Fresh Cod in Homemade Beer Batter	
Served with Chips, Tartare sauce & a choice of Mushy or Garden Peas <i>Small £8.95 Large £10.95</i>	

Salads

Chicken & Bacon Caesar salad	£11.25
Crisp Lettuce Leaves, Parmesan Cheese Shavings & Croutons in a Caesar Salad Dressing topped with Warm Chicken & Crispy Bacon	
Warm Salad Nicoise with Seabass GF	£11.95
Fillet of Seabass served on a Warm Salad of New Potatoes, Green Beans, Boiled Egg, Tomatoes, Olives, Onions & Capers	
Deep Fried Calamari Salad	£10.50
Deep Fried Calamari set on a bed of Salad Leaves with a Lemon & Black pepper dressing	
Goats Cheese Salad V	£10.75
Goats Cheese set a top a crispy Ciabatta topped with Red Onion Marmalade, crisp Salad Leaves, Tomatoes & Cucumbers, topped with a drizzle of Balsamic Glaze <i>Add Chips or Garlic Ciabatta to any of our salads £2.00</i>	

Sandwiches, Baguettes & Wraps

Freshly made to order either as a Sandwich with a choice of Freshly Sliced Wholemeal or White Bread cut thick or thin, A Granary or White baguette or a Flour Wrap. All served with Burts Hand-cooked Crisps & a Dressed Salad Garnish GF

Smoked Salmon & Cream Cheese	£6.95
Prawn & Marie Rose Sauce with Rocket	£6.95
Egg Mayonnaise with Cress V	£5.95
Tuna Mayonnaise with Cucumber	£5.95
Cheddar Cheese & Pickle V	£5.95
Bacon (add Brie for £1.20)	£5.95
Roasted Vegetables & HummousV	£6.95
Steak & Mushroom	£7.95
Steak, Stilton & Red Onion Marmalade	£8.25
Cajun Chicken	£6.95
Crispy Chicken Wraps	£8.95
Spicy Crumbed Chicken Breast in a White Flour Wrap served with Salad & Coleslaw <i>Add sweet potato fries. £2.00</i>	
Vegetarian Five Bean Chilli Wrap V	£8.95
A Vegetarian Five Bean Chilli & Cheese served in a Flour Wrap with Salad & Coleslaw. <i>Add Sweet Potato Fries £2.00</i>	

EastGate Burgers

EastGate Original Burger	£11.25
Homemade 6oz Beef Burger topped with Bacon and melted Cheese, served in a Ciabatta Roll with Chips, Dressed Salad & Coleslaw	
The Vegetable Stack Burger V	£10.95
A stack of Mediterranean Vegetables & Halloumi served in a Ciabatta Roll with Sweet Potato Fries, Salad, Coleslaw & Sweet Chilli Dip	

Pasta

Creamy Mushroom & Chorizo Linguini	£10.95
Mushrooms & Chorizo in a Creamy Sauce served on Linguini Pasta	
Linguini Fresco V	£9.95
Goats Cheese, Spinach, Cherry Tomatoes & Homemade Pesto served with Linguini Pasta	
Homemade Beef Lasagne	£10.95
Served with a dressed Salad & Coleslaw <i>Add Chips or Garlic Ciabatta to any of our pastas £2.00</i>	

Jacket Potatoes

Served with dressed Salad Garnish & Homemade Coleslaw GF

Prawn & Marie Rose Sauce	£7.50
Tuna & Mayonnaise	£6.95
Warm Brie & Red Onion Marmalade V	£6.95
Vegetarian Five Bean Chilli V	£6.95
Cheese V	£6.50
Baked Beans V	£6.50
<i>Extra toppings</i>	<i>£1.20</i>

Childrens Menu

We are happy to serve our childrens meals with New Potatoes and Vegetables if preferred

Homemade Beef Bolognese	£5.25
Served with linguini pasta	
Fresh Cod in Batter	£5.75
Served with Chips & Garden Peas	
Westcountry Sausages	£5.25
Served with Chips & Beans	
Homemade Battered Chicken Goujons	£5.50
Served with Chips & Salad	
Croquettes of Macaroni Cheese V	£5.25
Served with Salad	

FOOD ALLERGIES & INTOLERANCES

Please speak to our staff about the ingredients in your meal, when making your order.

Note all our salads come ready dressed with our homemade house vinaigrette, if you would prefer no dressing please let us know. All our eggs are free range from our local supplier

V-Vegetarian options. GF—Gluten free option

Side Orders

Chips or Skinny Fries V GF	£2.95	Sweet Potato Fries V GF	£3.45
Cheesy Chips V GF	£4.25	Homemade Coleslaw V GF	£1.10
Garlic Ciabatta V	£2.95	Side Salad V GF	£3.50
Cheesy Garlic Ciabatta V	£4.25	Bread Board with Balsamic vinegar & oil V	£3.50
Homemade Onion Rings V	£2.95	Mixed Olives V GF	£2.95

THE EASTGATE CAFÉ & BRASSERIE

Cold Drinks

EastGate Milkshakes

All our Milkshakes are blended with Ice Cream for a thick luxurious Milkshake

Vanilla, Banana, Caramel, Strawberry, Chocolate, Chocolate Orange, Chocolate Hazelnut or Raspberry

Make it special with Whipped Cream, Marshmallows and Sweets £3.95 or regular £3.25

Devon Luscombe Drinks

All £2.95

Elderflower Bubbly, Raspberry Crush, Sicilian Lemonade, Hot Ginger Beer Or Sparkling Apple Crush

Soft Drinks

Coke	£2.60
Diet Coke	£2.50
Lemonade	£2.50
Orange, Apple, Pineapple or Cranberry Juice	£2.50
Still or Sparkling Water	£2.35
Lime & Soda	£1.25
Tonic Water	£1.50
J20 Orange & Passionfruit	£2.95
Blackcurrant or Orange Squash	£1.25

Children's Drinks

Blackcurrant or Orange Squash	£0.90
Coke, Diet Coke, Lemonade, Apple, Orange, Pineapple Or Cranberry Juice	£1.25
Hot Chocolates, BabyChinos & Milkshakes	£1.95
Special Milkshakes & Hot Chocolates	£2.25

Wines

175ml £4.70 250ml £6.25 75cl Bottle £15.95

White Wine

Vistamar Sauvignon Blanc-Chile-Vol 12.5%
Puzzle Ridge Chardonnay—Australia—Vol 13%
Carlo Damiani Pinot Grigio—Italy—Vol 12%

Red Wines

Tempus Two Shiraz—Australia—Vol 13%
Vistamar Merlot—Chile—Vol—13%
Parrotfish Pinotage - South Africa - Vol 13.5%

Rose Wine

Discovery Beach Zinfandel Rose-USA—Vol 11%
Carlo Damiani Grigio Rose—Italy—Vol 12%

Locally Produced White Wine

Alder Vineyard—Lewdown,
Devon Madeline Angeline 2014 - A Crisp Dry White
175ml £4.90 250ml £6.40 75cl Bottle £19.95

Prosecco

Italy (Bottles only) - Vol 11%
200ml Bottle £6.50 75cl £17.95

Beer, Cider & Spirits

Peroni 5.1%	330ml £3.75
Devon Rock Lager 4.5%	330ml £3.95
Jail Ale Vol 4.8%	500ml £4.95
Bays Topsail 4%	500ml £4.95
Sams Devon Cider 6%	500ml £4.95
Sams Raspberry Devon Cider 4%	500ml £5.25

We have a selection of spirits and mixers available from £2.50

As a local family run business we aim to support other local businesses and source our products as locally & ethically as possible. We use Tavistock Butchers, Bakers, Greengrocers and Cheese Suppliers & source our Fresh Fish from Plymouth Fishmongers. We aim to reduce our plastic output and recycle where possible



Hot Drinks

Tea

Pot of English tea	£2.40
Speciality Teas	£2.65

Earl Grey, Assam, Redbush, Decaffeinated, Green, Camomile, Peppermint, Lemon & Ginger or Cranberry & Raspberry

Coffee

All our coffees are made with Puro Fairtrade Coffee Beans With a choice of Decaffeinated Coffee, Whole, Skimmed or Soya Milk available

	Regular	Large
Filter Coffee	£2.00	£2.40
Flat White	£2.70	£3.20
Espresso	£2.10	£2.65
Cappuccino	£2.70	£3.20
Latte	£2.70	£3.20
Baileys Latte	£5.25	£5.95
Americano	£2.70	£2.95
Macchiato	£2.35	£2.95
Mochaccino	£3.25	£3.35
Iced Coffee		£2.75
Liquor Coffee		£5.95
Extra Shots		£0.60
Jug of Cream		£0.50
Add a Flavoured Syrup		£0.60

Hazelnut, Gingerbread, Vanilla, Caramel or Cinnamon

Hot Chocolate

Regular £2.95 Large £3.50

Special Hot Chocolate	£4.25
With added Whipped Cream, Marshmallows & Sweets	
Flavoured Hot Chocolate	£0.60 extra
Orange, Vanilla, Caramel, Cinnamon, Peppermint, Hazelnut or Spiced Apple & Caramel	

EastGate

Afternoon Tea

Served from 2pm onwards every day

£14.95 Per person

A choice of one per person from the following Sandwiches

Egg Mayonnaise with Cress
Smoked Salmon & Cream Cheese
Cheddar Cheese & Pickle
Prawn & Marie Rose with Rocket

A choice of a Fruit or Plain Scone with Devon Clotted Cream & Jam

A selection of Mini Treats

All served with a choice of Teas or Filter Coffee

Prosecco EastGate

Afternoon Tea

£14.95 Per Person

Make your Eastgate Afternoon Tea special by adding a Glass of Prosecco

A Cream Tea

History

Recently historians have discovered that Tavistock may have been the home of the Cream Tea. They believe that during restoration works carried out by the then Earl of Tavistock, Ordulf, after Tavistock Abbey was damaged by Vikings in 997AD, the Earl & Monks rewarded the helpful local workers with bread, Clotted Cream & Strawberry Preserves, bringing us the delicious Devon Cream Tea

EastGate Cream Tea

Served all day everyday

£5.50 Per person

Two Homemade Fruit or Plain Scones served with Devon Clotted Cream and Strawberry Preserve

Served with a choice of our Teas or Filter Coffee

Cakes & Pastries

Toasted Tea Cake	£1.95
Homemade Scone and Butter	£1.95
Homemade Cakes	£2.50 - £3.25

A full selection is available to view in the Cake Cabinet

Free Wi-fi Available

Please ask for the password

We welcome dogs on our outside terrace, where we are happy to provide water and snacks!



The EastGate Café & Brasserie

Licensed Restaurant with Riverside Terrace

3 MARKET ROAD - TAVISTOCK. - PL19 0BW

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WWW.EASTGATETAVISTOCK.CO.UK

