

THE EASTGATE CAFÉ AND BRASSERIE

Please see our blackboards for our daily homemade specials

All Day Breakfasts & Brunches

Westcountry English Breakfast	£8.95
Two Sausages, Two rashers of Bacon, Free Range Egg, Griddled Tomato & Fried Mushrooms, served with a Thick Slice of White or Wholemeal Toast	
<i>Add Baked Beans, Black Pudding or Hash Browns £1.25 Each, or Chips £2.00.</i>	
Westcountry Full English Breakfast	£12.25
Two Sausages, Two rashers of Bacon, Two Free Range Eggs, Griddled Tomato & Fried Mushrooms, Baked Beans, Hash Browns & Black Pudding, served with a Thick Slice of White or Wholemeal Toast	
<i>Add extras £1.25 each. Or Chips £2.00</i>	
Vegetarian Breakfast V	£8.25
Two Quorn Sausages, Free Range Egg, Griddled Tomato, Fried Mushrooms & Baked Beans served with a Thick Slice of White or Wholemeal Toast	
<i>Add Hash Browns or extras £1.25 each, or Chips £2.00</i>	
Scrambled Eggs & Smoked Salmon	£8.95
Three Free Range Eggs Scrambled, with Scottish Oak Smoked Salmon, served with a Thick Slice of Warm Wholemeal or White Toast	
Eggs Benedict	£7.95
Two Poached Eggs with Ham served on a Toasted Muffin & topped with Hollandaise Sauce	
Eggs Royale	£7.95
Two Poached Eggs with Scottish Oak Smoked Salmon served on a Toasted Muffin & topped with Hollandaise Sauce	
Eggs Florentine V	£7.95
Two Poached Eggs with Wilted Spinach served on a Toasted Muffin & topped with Hollandaise Sauce	
Free Range Omelette V	£8.95
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 £1.25 each</i>	
Toast with Jam or Marmalade V	£2.95
Two Thick Slices of Wholemeal or White Toast served with Strawberry Jam or Marmalade	
Choose your own (min. 4 items)	each £1.25
Sausage, Bacon, Black Pudding, Free Range Egg, Griddled Tomato, Fried Mushrooms, Baked Beans, Quorn Sausage, Hash Browns, Slice of White or Wholemeal Toast	

Sandwiches & Baguettes

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 Burt's Hand-cooked Crisps & a Dressed Salad Garnish. Add Chips to any of our Sandwiches or Baguettes £2.00

Smoked Salmon & Cream Cheese	£7.50
Prawn & Marie Rose Sauce with Rocket	£7.50
Egg Mayonnaise with Cress V	£6.25
Tuna Mayonnaise with Cucumber	£6.25
Cheddar Cheese & Pickle V	£5.95
Bacon (add Brie for £1.25)	£5.95
Roasted Vegetables & Hummous V	£6.95
Steak & Mushroom	£8.25
Steak, Stilton & Red Onion Marmalade	£8.75

Side Orders

Chips or Skinny Fries V	£2.00/£3.25	Sweet Potato Fries V	£2.75/£3.95
Cheesy Chips V	£3.25/£4.50	Homemade Coleslaw V	£1.25
Garlic Ciabatta V	£2.00/£3.25	Side Salad V	£3.50
Cheesy Garlic Ciabatta V	£3.25/£4.50	Bread Board with Balsamic vinegar & oil V	£3.50
Homemade Onion Rings V	£3.25	Mixed Olives V	£2.95

Starters & Light Bites

Homemade Soup of the Day V	£5.95	Homemade Crab Cakes	£7.95
Served with a hunk of Granary or White Bread		Served with a Dressed Salad Garnish & Sweet Chilli Dip	
Homemade Soup & Sandwich NEW	£8.95	Homemade Crumbed Chicken Goujons	£6.95
Choose from our list of sandwiches below		Served with Dressed Salad Leaves & Devon Fire Chutney	
Garlic Mushrooms on Toasted Ciabatta V	£6.95	Eastgate Vegetarian Mezze V	£8.95
A selection of Mushrooms cooked in a Cream & Garlic Sauce, served on Toasted Ciabatta Bread		Roasted Vegetables, Olives, Hummus, Sun Blushed Tomatoes & Toasted Ciabatta Bread. <i>Add halloumi for £2.00</i>	
Chicken Liver and Brandy Pate	£6.95	Deep Fried Calamari NEW	£7.25
Served with Homemade Red Onion Marmalade, Dressed Salad Garnish & Toast		Served with Dressed Salad Leaves & Garlic Mayonnaise	

Classics

Fresh Cod in Homemade Beer Batter		Homemade Beef Lasagne	£11.25
Served with Chips, Tartare sauce & a choice of Mushy or Garden Peas		Served with a Dressed Salad & Coleslaw	
	Small £9.50/Large £11.50	Chicken Arrabbiata NEW	£10.95
Homemade Pie of the Day		Chicken in a spicy Tomato sauce served with Linguini Pasta	
Please see our Specials Board for today's Homemade Pie			
Ham, Eggs, Chips & Peas	£9.75	Creamy Mushroom & Chorizo Linguini	£11.50
Local Ham, Two Free Range Eggs, Chips & Peas		Mushrooms & Chorizo in a Creamy Sauce served on Linguini Pasta	
Westcountry Sausages & Mash NEW	£11.95	Chicken & Bacon Caesar Salad	£11.95
'Howells' Sausages served on creamy mashed Potatoes with Red Onion Gravy and Peas.		Crisp Lettuce Leaves, Parmesan Cheese Shavings & Croutons in a Caesar Salad Dressing topped with Warm Chicken & Crispy Bacon	
Homemade Beef Bourguignon NEW	£12.95	Fish of the Day	
Slow braised Beef in Red Wine with Mushrooms and Bacon served with Mashed Potato		Please see our Specials Board for today's Fish Special	
Eastgate Original Burger	£11.75	Homemade Salmon Fishcakes	£10.95
Homemade 6oz Beef Burger topped with Bacon and melted Cheese, served in a Ciabatta roll with Chips, dressed Salad and Coleslaw		Served with Dressed Side Salad and Tartare Sauce	
Minute Steak & Chips NEW	£9.95	Butternut Squash, Chickpea, Cauliflower & Coconut Curry V	£9.95
Minute Steak cooked rare, topped with garlic and parsley butter served with skinny fries		Served with Steamed Rice, Naan Bread & Mango Chutney	
Homemade Curry		Cauliflower Cheese Macaroni V	£9.95
Please see our Specials Board for today's Homemade Curry			
		Homemade Vegetarian Lentil Cottage Pie V NEW	£10.95
		Served with a selection of fresh Vegetables	

Add Chips or Garlic Ciabatta to any of our Classics for £2.00

Paninis

Freshly made to order with a Dressed Salad Garnish & Homemade Coleslaw. Add Chips to any of our Paninis, Wraps or Croque's £2.00

All £8.50

Bacon, Brie & Cranberry
Cajun Chicken, Mango Chutney & Mozzarella Cheese
Roasted Vegetables, Pesto & Goats Cheese V
Chicken, Red Onion Marmalade & Mozzarella Cheese

Wraps

Crispy Crumbed Chicken	£8.95
Spicy Crumbed Chicken Breast, with Garlic Mayo and Salad Leaves. Served with Salad & Coleslaw	
Falafel, Hummous & Roasted Vegetables V	£8.50
served with Salad & Coleslaw	

Croque's

Croque Monsieur NEW	£7.95
Ham and Cheese Toasted Sandwich with Bechamel Sauce	
Croque Rosemary V NEW	£7.95
Rosemary Mushrooms & melted Cheese Toasted Sandwich	

Club Sandwiches

Served with skinny fries

All £9.95

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

Childrens Menu

We are happy to serve our children's meals with Vegetables if preferred

Fresh Cod in Batter	£5.95
Served with Chips & Garden Peas	
Westcountry Sausages	£5.75
Served with Chips & Beans	
Child's Roast of the Day	£6.95
Served with Roast Potatoes, Fresh Vegetables & Gravy	
Cauliflower Cheese Macaroni 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

Please ask to see our **Vegan, Dairy Free & Gluten Free** Menus

THE EASTGATE CAFÉ AND BRASSERIE

Cold Drinks

EastGate Milkshakes

All our Milkshakes are blended with Ice Cream

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

Regular £3.50 or make it special with Whipped Cream, Marshmallows and Sweets £4.95

Devon Luscombe Drinks

All £2.95

Elderflower Bubbly, Sicilian Lemonade, Hot Ginger Beer

Homemade Smoothies

Pash'N'Shoot (Passionfruit, Mango, Pineapple)

Berry Go round (Raspberry, Blackberry, Strawberry)

Breakfast (Blueberry, Muesli, Wheat flakes & Banana)

All £3.95

Soft Drinks

Coke	£3.30
Diet Coke	£2.95
Lemonade	£2.95
Orange, Apple, or Cranberry Juice	£2.75
Still or Sparkling Water	£2.50
Lime & Soda	£1.50
Tonic Water / Light Tonic Water	£1.75
Blackcurrant or Orange Squash	£1.50

Children's Drinks

Blackcurrant or Orange Squash	£1.00
Coke, Diet Coke, Lemonade, Apple, Orange, or Cranberry Juice	£1.75
Hot Chocolates & Milkshakes	£2.25
Special Hot Chocolates & Special Milkshakes	£2.95

Wines

175ml £5.25 250ml £6.95 75cl Bottle £18.25

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 £5.50 250ml £6.95 75cl Bottle £19.95

Prosecco

Italy (Bottles only) - Vol 11%

200ml Bottle £6.95 75cl £18.95

Beer, Cider & Spirits

Peroni 5.1%	330ml £4.25
Devon Rock Lager 4.5%	330ml £4.50
Jail Ale Vol 4.8%	500ml £5.75
Bays Topsail 4%	500ml £5.75
Sams Devon Cider 6%	500ml £5.50
Sams Raspberry Devon Cider 4%	500ml £5.75

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	£2.50
Speciality Teas	£2.75

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	£2.25	£2.75
Flat White	£2.95	£3.50
Espresso	£2.25	£2.90
Cappuccino	£2.95	£3.50
Latte	£2.95	£3.50
Baileys Latte	£5.75	£6.50
Americano	£2.95	£3.50
Macchiato	£2.50	£2.95
Mochaccino	£3.60	£4.25
Iced Coffee	£2.95	£3.50
Liquor Coffee		£5.95
Extra Shots		£0.65
Jug of Cream		£0.60
Add a Flavoured Syrup		£0.65

Hazelnut, Gingerbread, Vanilla, Caramel or Cinnamon

Hot Chocolate

Regular £2.95 Large £3.50

Special Hot Chocolate £4.75

With added Whipped Cream, Marshmallows & Sweets

Flavoured Hot Chocolate £0.65 extra

Orange, Vanilla, Cinnamon, Peppermint, or Hazelnut

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

£5.95 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

EastGate

Afternoon Tea

Served from 2pm onwards every day

£11.50 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

£15.95 Per Person

Make your Eastgate Afternoon Tea special

by adding a Glass of Prosecco

Cakes & Scones

Toasted Tea Cake £1.95

Homemade Scone and Butter £1.95

Homemade Cakes from £2.50

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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