

# THE EASTGATE CAFÉ AND BRASSERIE

## All Day Breakfasts & Brunches

### West Country 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  
Add Baked Beans, Black Pudding or Hash Browns £1.25 Each, or Chips £2.00.

### 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  
Add Hash Browns £1.25 each, or Chips £2.00

### Eggs Benedict, Royale or Florentine

£7.95

Two Poached Eggs served with Ham, Smoked Salmon or 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  
Additional fillings £1.25 each

### 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

## Classics

### Tomato and Basil Soup V

£5.95

Served with half a white baguette

### Homemade Crab Cakes

£7.95

Served with a Dressed Salad Garnish & Sweet Chilli Dip

### Ham, Eggs, Chips & Peas

£9.75

Local Ham, Two Free Range Eggs, Chips & Peas

### Fresh Cod in Homemade Beer Batter

£9.50

Served with Chips, Tartare sauce & Peas

### Chicken, Leek and Ham Pie

£11.95

Served with Fresh Vegetables and Roast Potatoes (or Chips & Peas)

### Chicken & Bacon Caesar Salad

£11.95

Crisp Lettuce Leaves, Parmesan Cheese Shavings & Croutons in a Caesar Salad Dressing topped with Warm Chicken & Crispy Bacon

### Crab Salad

£13.95

Fresh local Crab served with a Dressed Mixed Salad and half a white baguette

### Roast Beef and Yorkshire Pudding

£11.95

Served with Fresh Vegetables and Roast Potatoes

### Butternut Squash, Chickpea, Cauliflower & Coconut Curry V

£9.95

Served with Steamed Rice, Naan Bread & Mango Chutney

### Eastgate Original Burger

£11.75

Homemade 6oz Beef Burger topped with Bacon and Melted Cheese, served in a Ciabatta roll with Chips, Dressed Salad and Coleslaw

## Sandwiches & Baguettes

All served with Burts Hand-Cooked Crisps & a Dressed Salad Garnish. Add Chips £2.00

Smoked Salmon & Cream Cheese	£7.50
Prawn & Marie Rose Sauce with Rocket	£7.50
Tuna Mayonnaise with Cucumber	£6.25
Bacon	£5.95
Cheddar Cheese & Chutney V	£5.95

## Paninis

Freshly made to order with a Dressed Salad Garnish & Homemade Coleslaw. Add Chips £2.00

All £8.50

- Bacon, Brie & Cranberry
- Cajun Chicken, Mango Chutney & Mozzarella Cheese
- Three Cheese and Chutney

## Side Orders

Chips V	£2.00/£3.25	Garlic Ciabatta V	£2.00/£3.25
Cheesy Chips V	£3.25/£4.50	Cheesy Garlic Ciabatta V	£3.25/£4.50

## Children's 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	
West Country Sausages	£5.75
Served with Chips & Beans	
Child's Roast Beef	£6.95
Served with Roast Potatoes, Fresh Vegetables & Gravy	

## 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 note that this is a reduced menu due to COVID-19 regulations. We endeavour to continue bringing you the highest quality home cooked food whilst maintaining strict hygiene and social distancing protocols. We are doing our utmost to ensure our new systems work as efficiently as possible but please bear with us during this time. If you have any questions please do not hesitate to ask.

# 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

Smoked Salmon & Cream Cheese

Cheddar Cheese & Chutney

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 well behaved dogs.



## The EastGate Café & Brasserie

Licensed Restaurant with Riverside Terrace

3 MARKET ROAD - TAVISTOCK. - PL19 0BW

01822 615665 -

WWW.EASTGATETAVISTOCK.CO.UK