

breakfast menu

served from 9.00am - 11am

veggie/vegan breakfast

5 piece £5.95

hash browns toast
mushrooms tomatoes
baked beans veggie sausage
organic free range eggs; scrambled, poached,
or fried.

mushrooms on toast £3.50

baked beans on toast £3.50

cheese on toast £3.50

organic, free range eggs on toast £3.50

scrambled, poached, boiled or fried

**granola with fruit compote
and yoghurt** £3.75

porridge with optional extras £1.95

**toast with homemade preserves
or marmite** £2.50

archie's breakfast smoothie £3.25

your choice of tropical or berry fruits
With yoghurt, muesli & banana

side dishes

marinated olives £1.95

**mixed bread with either oil and
balsamic and butter** £2.25

garlic and herb bread £2.50

**sweet potato wedges with crème fraiche
and coriander dip** £2.50

crudités and hummus £2.75

lunch menu

served from 12pm - 3:30pm

soup of the day £4.75
with homemade bread

mixed salad bowl topped £4.00
with toasted seeds

get your 5 portions of fruit and veg all in
one with this delicious, crunchy salad bowl
with a mix of fruit, veg, beans and pulses

add your favourite topper £1.50

crispy tofu nuggets
roasted vegetables
grilled goats cheese
hummus

homity pie & mixed salad £6.95

potato with onion, garlic, wholegrain mustard and parsley
in a pastry case topped with cheese and
baked in the oven

quiche of the day £6.95
& mixed salad

pate served with chutney, toast £4.95
and mixed leaves

archie browns burger £7.50

with a choice of chilli jam, tomato salsa
or cheese

plates to share for 2 £15.00

a selection of bites from around
the menu, the kitchen, the world

smaller portions

for children or those with a small appetite
we are more than happy to serve smaller
portions of our menu where possible - please ask.

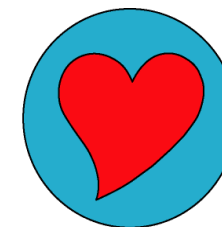
for our daily specials see blackboard

**please let us know if you have any
special dietary requirements**

**upgrade your meal or indulge in
bites to share from our sides menu**

archie browns

105 kenwyn street, truro



tel: 01872 278622

our café & deli menu changes daily
so please see our blackboards for
today's specials, cakes, sweets
and puddings

please let the staff know if you have
any special dietary
requirements.



**archie browns supporting
restaurants against hunger**

**the food lovers charity campaign
in support of
the fight against hunger and malnutrition
in undeveloped countries**

cold drinks

cornish mineral water sm £1.20 lg £2.50

still mineral
sparkling mineral

cornish orchards apple juice £2.00

fresh & fruity
rich & mellow

freshly squeezed orange juice £2.00
pomegranate juice £1.40

organic cordials £1.40

served hot or cold (with still/sparkling water)

elderflower
ginger
blackcurrant

elderflower pressé £1.75

luscombe £2.00

lemonade
Lemonade & raspberry

fentimans £2.00

ginger beer
curiosity cola

alcoholic drinks

bottled beers

golden promise organic ale	500ml	£3.75
cool blonde organic lager	330ml	£2.25
cannabia organic hemp beer	330ml	£2.50
river cottage stinger ale	500ml	£3.75

organic cider

black and gold cider	500ml	£3.50
black and gold pear cider	250ml	£2.95
black and gold blush cider	500ml	£3.75

wines & champagne

see our selection of organic, vegan wines
bottle 750ml £12.50

our choice white or red by the glass
glass 175ml £3.25

We also have a selection of fair-trade and organic spirits.

archie browns started in 1991, in a basement café with just two staff and one potato peeler...

since then we have grown into a busy health food shop, café and delicatessen with hundreds of customers a day; over thirty-five staff and three potato peelers.

we put our emphasis on using local and organic ingredients
in our kitchen you will find a range of produce such as organic free range eggs, fresh veg from around the country and we always use organic milk.

we cook seasonally which means our specials use fruit and vegetables ready and at their best at this time of year, using local and organic produce where ever possible.

we believe in preserving our beautiful planet - so we are environmentally responsible - recycling goods wherever we can, using biodegradable packaging and green energy.

we not only want the food we serve to be delicious, we want it to be healthy, because of this we try to limit the amount of salt, sugar and other nasties in our food.

we hope you enjoy
archie browns.



helping to enable the worlds poorest people to gain access to safe water, sanitation and hygiene education

hot drinks

can all be made with organic cow's, soya or rice milk

organic hot chocolate £1.95

rich hot chocolate made with hot milk

coffee
regular or decaf - all fair-trade and organic



espresso	single £1.40	double £1.75
flat white		£1.80
long strong black		£1.65
latte		£2.00
cappuccino	small £2.00	large £2.40

fancy another?

Refill your coffee for half the original price, just let our staff know.

coffee substitutes £1.70

yannoh
any of the above made with hot milk £1.95

suki tea £2.50

organic & fair-trade loose leaf tea
* belfast brew * earl grey blue flower * peppermint *
* red berry * rooibos * green tea sencha *

regular bag tea £1.60

choose from our great selection

chai tea latte £1.80

organic juices £2.50

using an apple, carrot base add beetroot, celery, ginger to make the juice of your choice

fruit smoothies £2.95

tropical or berry blend
add extras of bee pollen, maca, barley grass, spirulina or banana £0.50

special diets....

we have wheat-free bread, rice and oat cakes available instead of our homemade bread, we also have soya spread as an alternative to butter- please let the staff know your preference.