

BREAKFAST Served from 9 to 11:45

- Guardhouse Breakfast** £9
Local sausage, back & streaky bacon, fried egg, two hash browns, fried bread, beans, tomato, mushroom
- Vegetarian Breakfast (M)** £8.50
Two vegan sausages, fried egg, two hash browns, fried bread, beans, tomato, mushroom
- Vegan Breakfast (V+)** £8.50
Two vegan sausages, two hash browns, fried bread, beans, tomato, mushrooms
- Bacon and Eggs on Toast (ask for GF)** £7
Back & streaky bacon and two fried eggs

- Mushrooms, Spinach & Poached Eggs (M) (ask for GF)** £7.50
Served on toast

- American Pancakes (M)** Child: £4 Regular: £6.50
Home-made of course! Served with maple syrup
Add Crispy Streaky Bacon £2

- Eggs Benedict (£9), Royale (£10), Florentine (M) (£8) (ask for GF)**
Toasted muffin with two poached eggs, hollandaise sauce and local ham, or smoked salmon, or spinach

- Toast** with butter & jam / marmalade / or marmite (M) (ask for V+ or GF) £3

Our current breakfast specials

- Spiced Baked Eggs (M) (ask for GF)** £10
Braised leeks, spinach and za'atar spice mix baked with two eggs and crumbled feta.
Served with a toasted flat bread.

- Bubble & Squeak (M) (GF)** £9
With homemade sweet chilli jam & two poached eggs
Add Crispy Streaky Bacon £2, or Mushrooms £2, or add a sausage or vegan sausage (NB both contain gluten) for £1.50

- Rhubarb Granola Crumble (V, ask for V+) (ask for dairy free)** £8
Homemade of course, with early season British rhubarb. Served warm with a ginger yogurt.

FOOD ALLERGIES & INTOLERANCES

Before you order your food, please speak to our staff if you want to know about our ingredients.
Due to the nature of our kitchen we cannot guarantee our food is 100% free of some allergens. If you have a severe allergy please discuss it with us
Our **Gluten Free** bread comes from Tilley's Gluten Free Bakery in Bodmin, Cornwall. Due to the high cost of this bread we have to add +50p to meals with this option.



Based here on beautiful Berry Head we try to care for our environment and have reintroduced our "Latte Levy" for disposable cups recently. We are passionate about quality, home-made food with an emphasis on using the best seasonal & local produce, from local suppliers.

LUNCH Served from 12 to 3

- Soup of the Day (V / V+) (ask for GF)** £6
Always home-made! Served with white or brown bread, or upgrade to a cheese scone (+£2)

- Brixham Fish Goujons & Chips** Smaller: £8 Large: £12
Home-made fish from the Brixham market, served with home-made tartare sauce & a salad garnish

- Freshly Made Sandwiches (ask for GF)** (Served with salad garnish & crisps)

- Ham Ploughmans** (thick-sliced ham, apple cider chutney, tomato) £6.50

- Cheese Ploughmans** (cheddar, apple cider chutney, tomato) (M) £6.50

- Chips (M)** £3.50

Our current lunch specials

- Chicken Katsu Curry** £13
Crispy fried chicken topped with authentic katsu sauce
served with basmati rice and pickled vegetable ribbons

- Thai Noodle Salad (V+) (GF) *Contains Peanuts** £11
Shredded seasonal veg, rice noodles, sesame seeds mixed with a homemade spiced satay sauce

- Seafood Chowder (ask for GF)** £16
A Guardhouse Classic, back by popular demand!

Local Brixham Market fish, cooked with potatoes, peas, onions and streaky bacon in a creamy dill and lemon sauce. Served with bread and butter *May contain small bones.

DOORSTOP SANDWICHES Served from 9 to 3

Served on white or granary thickly-sliced bread

- BLT (ask for GF)** £8
Streaky bacon, fresh & sundried tomatoes, lettuce & mayonnaise

- Bacon (ask for GF)** £7.50
With back and streaky bacon

- Sausage** £7.50
Local Westaways pork sausages or vegan sausages (V+)

- BEST** Bacon, egg, sausage, tomato £8

HOT DRINKS

Cappuccino (two shots)	3.30
Latte (one shot)	2.95
<i>Add a shot of flavoured syrup 50p</i>	
Americano (two shots)	2.75
Flat White (two shot ristretto, smaller cup)	3.30
English Breakfast Tea	Mug 2.20 Pot 2.50
Speciality Teas	Mug 2.40 Pot 2.70
<i>Please ask for our selection</i>	
Filter Coffee	2.20
Espresso	Single 2.20 Double 2.60
Mocha (one shot with hot chocolate)	3.20
Hot Chocolate	2.80
With marshmallows or whipped cream	3.20
The Works! Marshmallows, cream & a flake	3.50
Children's size, with marshmallows and cream	2.50
Turmeric Latte (a healthy alternative to coffee made with our blend of spices, vanilla syrup to sweeten slightly, and milk)	3.30
Chai Latte (sweet, milky spiced tea from Henry and Joe's award-winning chai)	3.50

SPRING SPECIALS

Mint Choc Chip Hot Chocolate (topped with cream and chocolate chips)	4.00
Chocolate Hazelnut Cappuccino (two shots, with hazelnut syrup & Nutella)	4.00

Oat or Soya Milk available for most drinks (+40p contribution towards the extra cost)

Hungry Dog? Sausage £1.25 – Ice Cream £2.50



COLD & ALCOHOLIC DRINKS

Luscombe organic drinks	2.95
Cans / bottles / bottled water	1.50 – 2.50
Squash (small cup, primarily for children)	60p
Ice-cream Milkshakes (add whipped cream for 40p)	3.50
<i>Chocolate, strawberry or vanilla flavour</i>	
Bay's Beers & Hunts Ciders	3.75 – 4.25
Wine	From 4.95 / 20.00

CAKES & CREAM TEAS Served all day

PLEASE COME AND VIEW OUR AMAZING CAKES!!

Special thanks to our local bakers: Karen Miller from Paignton (find her stall in foodie markets!), and our chef Sam Camplin.

DEVONSHIRE CREAM TEAS

Fruit or Plain Scone, served with West Country clotted cream and fruit-rich strawberry jam.

Choose tea or filter coffee or pay a bit extra for other drinks.

Per person – 5.50

SAVOURY CHEESE TEA

Warm Cheese Scone, served with butter, Cheddar Cheese and locally-made chutney. Served with a pot of tea, a mug of filter coffee or pay a bit extra for other drinks.

Per person – 6.50

Gluten Free sweet and cheese scones are available from Tilley's GF Bakery in Bodmin, Cornwall

Toasted Teacake with butter	2.75
Cheese Scone served warm with butter	3.25