

DRINKS

Please see the blackboard for our current special drinks

TEA & COFFEE

Cappuccino (two shots)	3.95
Latte (one shot)	3.75
Add a shot of flavoured syrup +50p	
Americano (two shots)	3.50
Flat White (two shot ristretto, smaller cup)	3.95
Devonshire Tea	Mug 2.95 Pot 3.25 Pot for 2 5.95
Speciality Teas	Mug 3.10 Pot 3.40 Pot for 2 6.20
Earl Grey, Lemon & Ginger, Green, Peppermint, Chamomile, Redbush & Honeybush, Super Fruit	
Cortado	Single 3.25 Double 3.85
Espresso	Single 2.90 Double 3.50
Mocha (one shot with hot chocolate)	4.40

ALTERNATIVES

Hot Chocolate	3.95
The Works! Marshmallows, cream and a flake	4.95
With marshmallows OR whipped cream	4.50
Children's size, with marshmallows and cream	3.50
Chai Latte	4.25
(sweet, milky spiced tea from Henny and Joe's award-winning chai)	
Make it a dirty chai! Add a shot of espresso +75p	
Turmeric Latte	4.75
(a healthy alternative to coffee: our blend of spices, a little maple syrup and milk)	

Alternative Milk available for most drinks (+40p)

ICED

Iced Latte (two shots, unsweetened)	3.95
(add whipped cream for 40p or a syrup shot for 50p)	
Iced Americano (two shots, unsweetened, served black with ice)	3.50
Iced Chai Latte	4.50
Iced Mocha (add whipped cream for 40p)	4.75
Ice cream Milkshakes (add whipped cream for 40p)	4.75
Caramel, chocolate or strawberry	

ALCOHOL

Local Beers & Cider	4.90 - 5.60
As local as it gets! Bay's beer from Paignton and Hunts cider from Stoke Gabriel	
Local Gin & Luscombe Tonic	Single 6.75 Double 9.50
Wine & Prosecco	187ml from 6.75 Bottle from 20.00

SOFT

Luscombe Organic Drinks	3.95
Orange, Apple, Sicilian Lemonade, Ginger Beer, Elderflower Bubbly	
Bottled Water / Cans of Soft Drinks	2.00 - 2.75
Juice Cartons	2.00

We are passionate about quality, sustainability and the environment

We are so lucky to work on this beautiful headland and we try to play our part to protect it. We are taking steps to reduce waste and single use packaging, in particular takeaway cups, for which we primarily now use the Good Cup, which composts at home and has a far lower carbon footprint.

Since February 2018 we have been adding a "latte levy" per cup, which we give to environmental charities. This has raised over £3,000 so far!

We continue taking steps to reduce the carbon footprint of our waste. Most of our soft drinks and now some wines are now served in cans, because glass is so heavy to transport. We are now also recycling our food waste.

Our amazing supplier Dennis plays a huge role in helping us reduce our plastic waste by filling our cleaning products from large drums, rather than throwing away mountains of plastic each year.

We are excited to be Seagrass Champions! Seagrass is amazing for the environment and we have several precious sites nearby. Please ask us more!

For our food and drinks we use the best ingredients we can find, even when this costs more, and try to find suppliers as local to our cafe as we can.

Our current suppliers include:

- Coffee from Owens, 100% organic and fairtrade, roasted in a modern, low-emission roastery in Ivybridge
- Milk and cream from South West dairies
- Bread and scones from Hallett's Bakery in Paignton
- Freshly-caught fish from Brixham's famous fish market
- Crab and mussels caught in local waters
- Sausages from Westaways in Newton Abbott
- Beer from Bays (Paignton) and cider from Hunts (Stoke Gabriel)
- Fresh fruit and vegetables from Roots Family Greengrocers

MENU

THE
GUARDHOUSE
C A F E



FRONT

Tel: 01803 855778

info@guardhousecafe.com

www.guardhousecafe.com



BREAKFAST

Served from 9am to 11.30

WHY NOT TRY ONE OF OUR SEASONAL BREAKFASTS FROM THE SPECIALS BOARD?

Guardhouse Breakfast	13.5
Local sausage, back & streaky bacon, fried egg, two hash browns, mushroom, fried bread, beans, tomato	
Vegetarian Breakfast 	13
Two vegan sausages, fried egg, two hash browns, mushroom, fried bread, beans, tomato	
Vegan Breakfast  	13
Two vegan sausages, two hash browns, mushroom, fried bread, beans, tomato, spinach	
Bacon and Eggs on Toast (ask for GF)	11.5
Back & streaky bacon and two fried eggs	
Grilled Field Mushrooms with a Poached Egg 	11.5
Served on sourdough toast with a spinach and herb dressing, and toasted seeds (ask for GF)	
Eggs Benedict (ask for GF)	11.5
Toasted muffin with two poached eggs, hollandaise sauce and local ham	
Eggs Florentine (ask for GF) 	9.5
Toasted muffin with two poached eggs, hollandaise sauce and wilted spinach	
Eggs Royale (ask for GF)	14
Toasted muffin with two poached eggs, hollandaise sauce and smoked salmon	
Guardhouse Benny (ask for GF)	15.5
Toasted muffin with wilted spinach two poached eggs, back bacon, 2 hash browns and hollandaise sauce	
Toast (ask for GF)  Sourdough often available +50p	4
With butter & jam / homemade marmalade / marmite	

Add extra bacon, egg, sausage etc. to most breakfasts +50p - £2.25

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

Gluten Free Diet? Many of our meals can be served on amazing bread from Tilley's Gluten Free Bakery in Honiton (+50p)

 Vegetarian  Vegan  Gluten Free

 Subject to availability - fresh fish & crab

ALL DAY

Served 9 - 11:30 and from 12 - 3

DOORSTOP SANDWICHES

BLT (ask for GF)	11.5
Streaky bacon, fresh & sundried tomatoes, lettuce & mayo	
Vegan VLT 	11
Vegan sausages, fresh & sundried tomatoes, lettuce & mayo	
Bacon (ask for GF)	10.5
Sausage	10.5
Veggie / Vegan Sausage  	10
BEST Bacon, egg, two sausages & tomato	13
American Pancakes 	Smaller: 5.75 Large: 9.75
Home-made of course! Served with maple syrup	
Add Crispy Streaky Bacon +£2.25	
Shakshuka  (ask for GF)	13
Spiced tomato and red pepper sauce, topped with two fried eggs, feta and pea shoots. Served with sourdough	

SWEET TREATS

COME IN TO SEE OUR LOCALLY MADE CAKES

Special thanks to our wonderful bakers : Karen Miller & Camplin's Cakes

DEVONSHIRE CREAM TEAS

A huge locally-made scone, served with westcountry clotted cream and fruit-rich strawberry jam.
Served with a pot of tea, or pay a bit extra for other drinks

Per person - 8.25

SAVOURY CHEESE TEAS

A warm cheese scone, served with butter, Cheddar cheese and locally-made chutney
Served with a pot of tea, or pay a bit extra for other drinks

Per person - 8.95

Gluten Free diet? We stock amazing sweet & cheese scones from Tilley's Gluten free bakery (+50p)

Toasted Teacake with butter	3.50
Cheese Scone served warm with butter	4.75
Ice Creams & Ice Lollies	see ice cream freezer

LUNCH

Served from 12 - 3pm

DON'T FORGET OUR HOME-MADE AND SEASONAL LUNCH OPTIONS ON THE SPECIALS BOARD

Home-made Soup of the Day  usually  (ask for GF)	8
Served with white or brown bread, or upgrade to a cheese scone (+£2.95)	
Brixham Seafood Chowder (ask for GF) 	17
Our famous home made chowder, with chunks of local fish, prawns, bacon, potatoes, peas in a creamy lemon sauce. Served with chunks of bread and butter	
Brixham Fish Goujons & Chips  Smaller: 12 Large: 17	17
Home-made goujons, using fish from the famous Brixham fish market. Served with home-made tartare sauce and a salad garnish	
The Ultimate Fish Goujon Sandwich 	13.5
Our home-made goujons, sliced tomatoes & salad in a sandwich. Served with home-made tartare sauce.	
Guardhouse Burger	17
Our home-made beef burger with cheese, bacon & pickles in a brioche bun. Served with chips, side salad and burger relish	
Halloumi Skewers	14
Grilled halloumi, peppers & onion, with salad, chips & homemade chilli jam	
Skin-on Crispy Fries	4.5
Freshly Made Sandwiches (ask for GF)	
Served with salad garnish & crisps	
Cheddar & Chutney 	8
Cheddar, local apple cider chutney, tomato	
Ham & Chutney	9
Thick-sliced ham, local apple cider chutney, tomato	
Brixham Crab  (NB Availability of fresh crab varies throughout year)	16
Fresh locally-caught white and brown crab meat	



With thanks to local bird expert and illustrator Mike Langman



Hungry Dog? Sausage £2 – Ice Cream £3.50