

Please note – this is a samples menu and must not be used to preorder

Lunch Specials (from 12.00pm-2.30pm)

Our own roast South Devon Beef	Small £10.45	Large £11.95
Served with our own fresh seasonal vegetables, homemade Yorkshire pudding and roast potatoes		
Homemade steak and onion pie (made using our own beef)	Small £9.95	Large £11.50
Served with our own fresh seasonal vegetables and creamy mashed potato		
Homemade cottage Pie	Small £9.50	Large £10.50
Served with our own fresh seasonal vegetables		
Homemade Cauliflower Cheese Bake (V)		£9.50
Served with a mixed side salad, homemade coleslaw and homemade bread		
Homemade warm spinach and feta quiche (V)		£8.95
Homemade warm bacon and mushroom quiche		£8.95
Both served with a mixed leaf salad, Cornish midi potatoes & homemade coleslaw		
Homemade gluten free pork sausages (G)		£8.95
Served with baked beans and creamy mashed potato		
BBQ Belly Pork		£8.95
served with hand cut chips and homemade coleslaw		
Home-cooked Ham		£9.50
Served with two of our own free range eggs and hand cut chips		
Bubble and Squeak		£9.95
Served with Our own South Devon beef and cold sliced pork a fresh Cornish salad, coleslaw, beetroot and our own pineapple and onion chutney		
Homemade Pork Pie ploughman's		£9.65
Served with a side salad, homemade pineapple and onion chutney and homemade bread from our bakery		

Catch of the Day (fresh fish from Port Isaac, Cornwall)

Smoked Fish Salad	£9.95
Served with a mixed leaf salad and a wholemeal roll	
Beer battered Haddock	£11.50
Served with garden fresh peas, hand cut chips and a wedge of lemon	

From our Char-grill!!

A 'Gurt' Burger	£8.95
2 homemade South Devon burgers, with cheddar cheese or stilton, fried onion in a homemade brioche roll, coleslaw & salad garnish	

Light Bites

Homemade slightly spicy sweet potato soup (V)	£5.25
Homemade carrot and coriander soup (V)	£5.25
Homemade tomato and basil soup (V)	£5.25
Homemade pea and ham soup	£5.25
All served with a choice of homemade bread	
Homemade granary bread filled with cold roast pork and homemade chutney	£5.65
Served with a side salad and homemade coleslaw	

Matt Luxton's Blast Fitness Options

Lifton Farm Shop is delighted to have teamed up with local fitness expert and bestselling author Matt Luxton. Matt owns and created FA Fitness Personal Training and Blast Fitness Camps. He is passionate about providing good quality foods, helping to educate men and women with both exercise and diet to improve health and get the body they desire. To learn more about Matt please visit

Summer fruit smoothie £3.60

Californian fruit smoothie £3.60

Our own poached eggs with smoked salmon £8.60

Served on homemade 100% spelt toast (no butter)

Home cooked Ham Salad £8.95

Served with a Cornish mixed leaf salad

Oven baked sweet potato with Cornish bacon and mushrooms £8.45

Served with a Cornish mixed leaf salad

Desserts (£5.40 each)

All our desserts are homemade and served with a choice of Cornish clotted Cream, homemade vanilla ice cream or homemade custard

Junket

Fresh fruit salad

Jam sponge pudding

Bramley Apple pie

Autumn fruit crumble

Chocolate brownie sundae

Fresh fruit pavlova

Bread and butter pudding

Egg custard tart

Nutella Cheesecake

Sherry Trifle

v = vegetarian G = gluten free (gluten free gravy always available)

Please ask if you have any special dietary requirement

Food Allergies and Intolerances

If you have any special requirements, please speak to our staff about the ingredients when placing your order. Although we make every attempt to ensure dietary requirements are fully met we are in an environment where all allergens are present.

v = vegetarian G = gluten free (gluten free gravy always available)

Special Offer

Use your restaurant receipt to claim special discount in the shop. Just see the bottom of your receipt for the offer.

Buy 2 of our NEW Smokey Beef Bombs for £5.50!!
(Normal price £3.25 each)