



Breakfast Brunch

Rise & shine - served all day!



Cafe Bites!

Light to mightier bites



Hello!

We at Fresha are a small friendly Exeter based company who create handmade food using locally sourced ingredients from an excellent choice of West Country suppliers, all with established reputations for providing a superb variety of food and drinks.

Your food once ordered, is freshly prepared under the direction of our creative head chef, assuring you of the finest taste, flavour and traceability.

We also serve up an excellent range of Fair Trade coffees, teas and food guaranteeing a better deal for third world producers.

Fresha is an amazing place to meet a friend, to hold a meeting or the perfect haven just to escape for a little while.

We are passionate about our service, your food and everyone's enjoyment.

Place your order between 11.00am and 12 noon, Monday to Wednesday and choose any meal marked with an ★ and pay only £5.00 and receive a complimentary coffee or tea!

★ EARLY LUNCH SPECIAL ★

English Breakfast*
1 x Prime back bacon, 1 x Devon pork sausage, 1 x Devon free range egg, 1 x hash brown, baked beans, roasted tomato, white or granary toast and a tea or coffee of your choice
£5.65

The Double English
2 x Prime back bacon, 2 x Devon pork sausages, 2 x Devon free range eggs, 2 x hash browns, baked beans, roasted tomato, white or granary toast and a tea or coffee of your choice
£6.95

Mega English
3 x Prime back bacon, 3 x Devon pork sausages, 3 x Devon free range eggs, 3 x hash browns, black pudding, baked beans, roasted tomato, white or granary toast and a large tea or coffee of your choice
£8.95

Vegetarian Breakfast*
Scrambled eggs, vegetarian sausages, mushrooms, grilled tomato, hand cut toast and a tea or coffee of your choice
£5.95

Scrambled Eggs on toast* ~ all
Devon free-range scrambled eggs on granary or white toast
£3.50

Add	
Smoked Salmon	£2.00
Bacon	£1.25
Sausages	£1.50
Mushrooms	£1.25

Eggs Benedict or Royale
~ before 10.00am

Soft poached Devon free-range eggs served over sliced ham or smoked salmon, hollandaise sauce and toasted English muffins
£5.95



-Refreshed & Relaxed!



Breakfast Baguette or Sandwich ✓
Prime back bacon £2.95
Devon honey roasted pork sausages £2.95
Prime back bacon, Devon honey roasted pork sausages and a fried Devon free range egg £3.95
Egg & Mushroom £2.95
Bacon, Brie & Cranberry £3.45
Vegetarian Sausages £2.95

Waffles
Freshly sliced banana and maple syrup, seasoned with cinnamon £4.50
Bacon and maple syrup £4.95

Mixed Toast basket
A basket of toasted mixed breads, jams & marmalade
£2.50

Toasted Tea Cake
With butter and jam
£1.95

Fruit Salad
Freshly cut selection of fruit
£2.95

Extras = 75p
Rasher of bacon or a sausage
Egg / beans / hash brown
Black pudding
Toast x 2 slices
Cheddar cheese

Soup ✓
Our delicious home made soup served with freshly baked bread - see menu board for todays recipe
£4.25

Quiche Salad*
Home made quiche - see menu board for todays Green salad
£5.95

Hummus and Pitta Bread*
Freshly made hummus, sun ripened green and black olives, toasted pitta bread and side salad with a Devon chutney
£4.95

Fish Cakes*
Served with a side salad and a sweet chilli sauce
£5.95

Baked Camembert*
Served on a mixed salad with a French dressing, thick hand cut bread and a Devon chutney
£5.95



Fish and Chips
Beer battered fish with seasoned chips and peas
£6.95

Ham or Sausage, Egg and Chips*
Succulent Wiltshire Ham or Devon pork sausages served with Devon free range eggs and fresha chips
£6.50

Baked Potatoes
Oven crisp baked potatoes topped with your choice of filling
From £3.95

Ciabatta & Paninis
Italian bread stuffed with delicious flavours, accompanied with a fresh salad garnish and Devon made crisps
£3.75

Baguettes & Sandwiches ✓
Choose from classic traditional, tempting gourmet and tasty vegetarian fillings, accompanied with a fresh salad garnish and Devon made crisps
From £3.50

See our Daily Fillings Board!!

Gourmet Burgers

filling, fine tasting and fresh

FRESHA BURGERS

Our 5 oz prime mince burgers are char-grilled in a seeded bun with tomato, lettuce and a Devon chutney served with chips and coleslaw.

Classic Burger*
The original way and great tasting
£5.95

Cheese Burger
Choose from mature farmhouse Cheddar, Smoked Applewood or Blue Stilton
£6.95

The fresha filler!
With prime back bacon and your choice of mature farmhouse cheddar, Smoked Applewood or Blue Stilton
£7.75

Veggie Burger*V
With a choice of mature farmhouse cheddar, Smoked Applewood or Blue Stilton
£6.95



Pizza

primo pronto!

The most delicious thick crust pizzas starting with our fresh dough, Devon made tomato sauce, fresh mozzarella and tasty toppings.

The farmhouse
Ham, mushroom and rocket
£6.75

American
Pepperoni, pepper, tomato & mozzarella
£6.75

Margherita
Mozzarella & tomato
£6.25

Vegetarian V
Roasted pepper and red onion
£6.50

Salads!

fresh healthy and wholesome



Tuna Nicoise
Tuna in a lime mayo, Devon free range egg, tomato, cucumber and olives served on dressed mixed leave
£6.75

Chicken Caesar Salad
Roasted chicken breast, tossed with rocket leaf in Caesar dressing and garnished with shaved grana padano
£6.50

Cheese Ploughman Slate*V
Choose two cheeses from our daily selection. Served with a mixed salad, apple, grapes, pickled onion and chutney
£6.50

Meat Ploughman Slate*
Choose two meats from our daily selection. Served with a mixed salad, apple, grapes, pickled onion and chutney
£6.50

Fish Slate
Smoked salmon, hard boiled egg, prawns, lemon and dill mayo, green leaves and cucumber, bread and butter
£6.95



Lovingly made by us! -xxxx

Good Afternoon

Coffee, Tea, Hot Chocolate and Milk Shakes

COFFEE	DRINK IN		TAKEAWAY	
	Regular	Grande	Regular	Grande
Americano	£2.00	£2.30	£1.80	£2.10
Flat White	£2.30	£2.60	£2.10	£2.40
Espresso Single	£1.40	-	£1.20	-
Espresso Double	£1.65	-	£1.45	-
Cappuccino	£2.40	£2.70	£2.20	£2.50
Latte	£2.40	£2.70	£2.20	£2.50
Chai Latte	£2.50	£2.80	£2.30	£2.60
Mocha Latte	£2.55	£2.85	£2.35	£2.65
Mocha	£2.50	£2.80	£2.30	£2.60
Babyccino	£1.00	-	£1.00	-
DECAF	no extra cost			
SYRUPS	£0.25			
SOYA MILK	£0.20			

HOT CHOCOLATE				
Classic	£2.50	£2.80	£2.30	£2.60
Luxurious	£2.75	£2.95	£2.65	£2.85
White	£2.65	£2.85	£2.55	£2.75

MILK SHAKE				
Vanilla	£2.35	-	£2.00	-
Strawberry	£2.35	-	£2.00	-
Chocolate	£2.35	-	£2.00	-

TEAS		
	DRINK IN	TAKEAWAY
English breakfast	£1.95	£1.60
Earl Grey	£1.95	£1.60
Peppermint	£1.95	£1.60
All day decaf	£1.95	£1.60

Contemporary quality loose leaf Teas

SPECIALITY TEAS FROM AROUND THE WORLD — £2.35



HOT DRINK
(coffee or tea)
& CAKE
2 for 1
every afternoon
between
2.00pm - 4.00pm



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Delivered with a passion for food and a seriously good service.