



FOOD OPTIONS

All prices stated are inclusive of VAT.

At Cohort we have a fully equipped self-catering kitchen for all guests to use. In addition we can offer the following food options for educational groups:

Breakfast

Self-service breakfast @ **£2.00 per person per day**. The breakfast consists of:

- Assortment of cereals
- Milk
- Toast
- Jams/marmalade
- Tea/coffee/orange juice/apple juice

Vegan and gluten free breakfasts can also be arranged.

Your breakfast is kept in your own cupboard in the kitchen for you to help yourself to in the mornings; you also have a dedicated section of the fridge for your group.

Packed Lunches

Packed lunch @ **£5.50 per person per day**. Each packed lunch consists of:

- 1 round of sandwiches *OR*
- 1 Gluten Free salad box

PLUS

- 1 packet of crisps
- 1 chocolate biscuit
- 1 piece of fruit (usually an apple)

You will be asked to complete a form at least 1 month prior to arrival for your students and staff so each person can choose a vegan, vegetarian, egg, fish or meat sandwich for each day the packed lunch has been booked.

As we are plastic-free at Cohort we do not provide bottled water as part of the packed lunch and instead encourage students to bring their own reusable, refillable water bottles: All water at Cohort is suitable for drinking and we have water points throughout.



FOODS

Evening Meals

- At Cohort we provide beautiful, home cooked (evening) meals at a time of your choosing. Our head chef, Ian, offers a variety of menus, all of which are 2 courses, for you to choose from and the price is £12.70/head (£10.58 + VAT). You can see the menu [HERE](#).
- We have a fully equipped **self-catering kitchen** available which you can use to cook meals and we're happy to accept an online shop in advance of your arrival.
- There are a few **restaurants in St Ives** that can cater for groups, including:
 - [The Hain Line](#) (Wetherspoon pub, 2 min walk) – 01736 792920
 - While these guys have a huge amount of space please note that they will not take reservations during the summer months.
 - [By the Sea](#) (1 min walk) – bytheseaseafood@gmail.com
 - They can cater for groups of up to 42 in the restaurant and provide a fabulous take away service.
 - [The Hub Bar](#) (quality American diner style menu, 5 min walk, on harbour front). 01736 799 099.
 - [The Balcony Bar](#) (burgers and fries, 6 min walk on harbour front). 01736 798482
- If you would like **Private Dining** for your group of 20+ then the [St Ives Brewhouse](#) is a fabulous option. Just an 8 minute walk from Cohort you can have dinner overlooking the whole of St Ives and they can cater for groups of up to 50 people both outdoors and indoors depending on the weather.
 - For £20/head they can do a great BBQ style menu with wedges / new potatoes and side salads; all non-alcoholic drinks are included.
- We have several **takeaway options** nearby:
 - By The Sea Fish & Chips - 01736 798 492
 - St Ives Pizza Company – 01736 794030 www.stivespizza.com
 - By the Sea Fish & Chips – bytheseaseafood@gmail.com
 - Hong Kong Kitchen (Chinese) – 01736 798257 www.hongkongkitchen.co.uk
 - Rajpoot Indian – 01736 795307 www.rajpoot.moonfruit.com
- If you would like **food delivered** we highly recommend:
 - [Ruby June's Indian Kitchen](#) who will deliver and serve a vat of curry (meat with a veggie option), rice and a patoori bread for around £12/head.