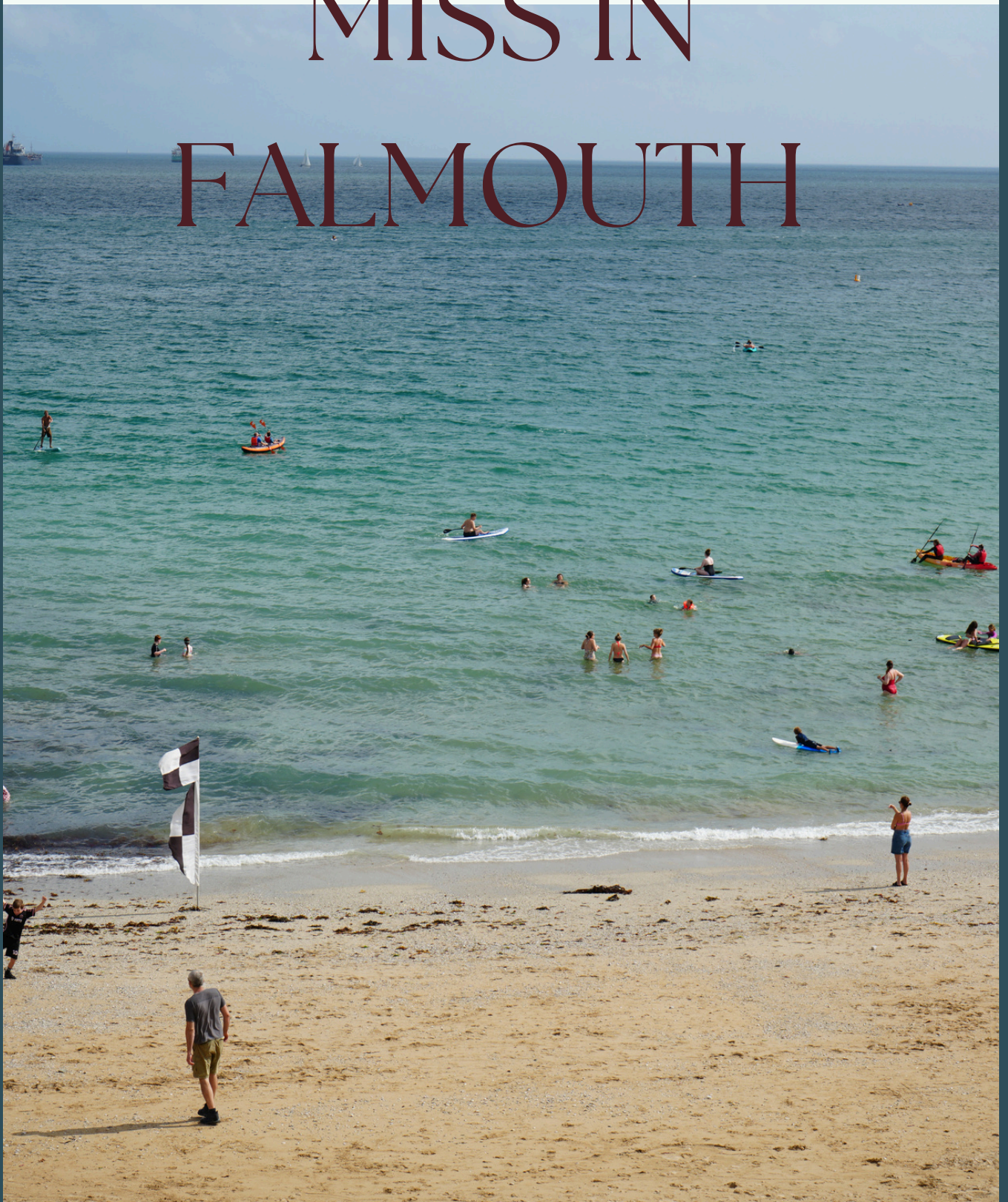


ROWES  
RETREATS

# WHAT NOT TO MISS IN FALMOUTH





# OUR SELECTION OF THE BEST RESTAURANTS AND CAFES

Falmouth is fortunate to have a large and great selection of independent restaurants and cafes. We're always on the lookout for new things to try and like to shop locally where we can, so enjoy our 'research evenings' (dates) where we have taken it upon ourselves to delve into the local cuisine. Between us I think we've tried every single one, so here are our recommendations on where to go.

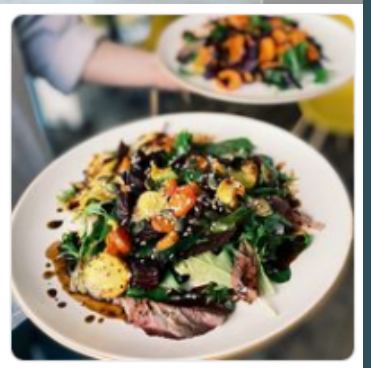
# CAFES

I'm a big coffee drinker so I take my cafe recommendations seriously. I would say everyone has got their own preferences, but a good cup of coffee is a good cup of coffee. My top spot has got to go to Sabzi, based in the centre of town overlooking the Harbour. The coffee is so smooth, and you can tell care is taken to make each cup just right, no burnt milk here! They also have an amazing selection of small dishes, all Middle Eastern inspired. The menu also changes daily so it's always a new mix of homemade locally sourced options. Their fresh fruit juice is pressed to order and is also a must in my opinion, the options do change seasonally but it's a firm favourite.





Oggies Cornish Kitchen





## Oggies

This is another go to of ours, the service is great every time and the coffee is amazing. They also have a good selection of loose teas. The pasties here are the best in Falmouth, high praise I know but give them a go and you'll see what I mean!



## Espressini

Falmouth locals will know a coffee shop list wouldn't be complete without Espressini. Such a cosy boutique setting you'll feel instantly at home here. An amazing selection of freshly baked goods and their menu board is diverse, with breakfast options like 'the journeyman' but you also can't go wrong with some hash browns served with the most divine tapenade.

# Restaurants

One thing that Falmouth really ticks the box with is variety, especially when it comes to food. You can have your amazing fish and chips a British classic, and if you fancy that then the award winning Harbour Lights is the way to go. But there's something for everyone, even Michelin Star restaurants such as 'Culture'. Here some of the places we love the most, that we go back to time and time again.



## IndiDog

IndiDog is a great option for breakfast lunch and dinner. With far reaching views over the Harbour you can spend a bit too much time here, but with the open plan kitchen keeping things interesting why not sit back and watch the chefs at work preparing your dish. My go to for breakfast is the Eggs Florentine, all the ingredients is fresh and perfectly paired. I am also impartial to their cocktails but you feel equally at home while enjoying a coffee.



## The Verdant Sea Food Bar

This is a real hidden gem, completely tucked away and unassuming. I always recommend Verdant to my guests and every single time they say how amazing it was. The menu changes as it's based on around what's available locally to them but they do have their staples along with a specials board. It also caters for veggies and vegans! They do only operate on a walk in basis so be prepared! They have their 8 lines of beers from Verdant while also having an impressive selection of wines.



## Amanzi

Amanzi's is always highly recommended and as one of the highest rated restaurants in Falmouth it's for a good reason! They specialise in South Africa cuisine but it transcends the menu and is evident in every aspect of the restaurant, from the wooden statues to the zebra print. I would say it is predominantly meat dishes (understandably) but as a vegetarian I still thoroughly enjoy it here, the non meat options although limited are not to be dismissed.



## The Chick pea

You'll find this Lebanese and Mediterranean inspired eatery on Arwenack Street. The menu is diverse with Mezze, salad boxes, wraps and pittas, their side dishes are especially good with vine leaves and honestly the best sweet potato fries I've ever had. They also make their falafels themselves and all the food is made to order, I like getting it to go and heading over to Pendennis point but they do have outside seating in the garden as well.



## SEE WHAT YOU THINK

These are just some of our go to's, it is really hard not to recommend everything as there is such a good selection. I'm already thinking of places I've missed but I'd say these are the locations we go most frequently so are our tried and tested spots, I hope you enjoy them as much as we do!

There are some bigger names such as Costa and Warrens Bakery, which are great and consistent but you can visit these household names anywhere, why not try some local and independent eateries while you're here?



YEAR 2024

OUR  
RECOMMENDATIONS

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