



THE LITTLE SCILLY FOOD GUIDE

Scilly is rapidly establishing itself as a quality provider of local produce and the Isles of Scilly Farmers and Growers Initiative, in partnership with the Islands' Partnership, has produced this food directory to highlight the tirelessly hard work of the food and catering industry on the islands.

Given the nature and scale of the farms and businesses listed, not all producers and products are available all of the time. Many are family operated and are on a small scale. Please contact producers ahead of your visit to make sure they are open for business.

ON SCILLY YOU DON'T

ONLY KNOW WHERE

YOUR FOOD HAS COME

FROM BUT YOU CAN

POINT TO THE

FISHERMEN OR FARMER

WHO HAS PROVIDED IT FOR YOU

You can keep up to date with what is happening in the food industry on the Isles of Scilly by visiting our twitter site — @scillyfood or our Facebook page — Scilly Food

St MARY'S

THE LARGEST AND BUSIEST of the Isles of Scilly, St Mary's has something for everybody

The Local Produce Market is held at the Town Hall in the Spring, Summer and Autumn months where local food producers come together to show off their wares.

KEY 1 = Location H = Hugh Town E = End of Hugh Town 1. Star Castle m Bordeaux 2. The Pilchard Pit (III) Scilly Fish 3. The Fish Box The Wheelhouse Bell Rock Hotel 4. Tregarthen's Hotel



 Schooners Hotel (III) Mincarlo Guesthouse H Badcock's Homemade Pasties

20. Spero's

21. Juliet's Garden 22. Sylina Guesthouse 23. Kaffehaus Salbei 24. Old Town Inn 25. Old Town Café 26. Carntop Guesthouse 27. Colossus B&B 28. Ales of Scilly 29. Carnwethers

23. St Mary's Deep Point 1. Hugh Town 28. 25. 24. **Old Town** Isles of Scilly Airport



Star Castle is a family run hotel on St Mary's which has its own market gardens both at the hotel and at Carn Friars Farm

Star Castle grow their own vegetables, salads and soft fruits which appear on the hotel's menu and use local island farms for extra supplies.

The Manager, Robert Francis, also runs a fishing boat — Gallos SC 177 — which provides lobster and crab for the restaurant as well as supplying mainland establishments.

The hotel's latest venture is a vineyard on St Mary's. 7000 vines have been planted, 60% Pinot Noir. 30% Chardonnay and 10% Pinot Gris Australian winemaker Willi Opitez who has twice won Australian Late Harvest Winemaker of the year award will be helping out with the winemaking.

The Vineyard and Winery will be open to visitors from Faster 2014

Star Castle, The Garrison. St Mary's Isles of Scilly, TR21 0.IA

Tel: 01720 422317

E. info@star-castle.co.uk www.star-castle.co.uk

Twitter: @starcastlehotel Facebook: Star Castle Hotel









THE PILCHARD PIT

Situated on St Mary's guay the Pilchard Pit is a small sandwich and coffee takeaway which tries to use local produce wherever it can. Day trippers can pop in for a Troytown ice cream or a bag of Veronica Farm Fudge before heading home on the Scillonian.

The Pilchard Pit, St Mary's Quay, St Mary's, Isles of Scilly, TR21 0HU

Tel: 01720 422352







THE FISH BOX

The Fish Box is a market stall selling fresh fish and shellfish caught on the Isles of Scilly. From the stall on St Mary's quay or from the Local Produce Market you can buy the freshest crab, lobster and pollock as well as homemade produce such as crab pate, fish pies, seafood soup and thai fish curry.

The Fish Box

Tel: 01720 423473

E. amyhiron@hotmail.com www.scillyfishbox.co.uk

Facebook: Scilly Fish Box





TREGARTHEN'S HOTEL

The Table d'hôte menus are changed daily at Tregarthens Hotel and all dishes are homemade using only the best produce available. Lobster is available on request with 24 hours notice to make sure it is as fresh as possible.

Tregarthen's Hotel, St Mary's, Isles of Scilly, TR21 0PP

Tel: 01720 422540

E. info@tregarthens-hotel.co.uk www.tregarthens-hotel.co.uk

Twitter: @tregarthens Facebook: Tregarthens-Hotel







KAVORNA CAFÉ AND BISTRO

Menus are flexible at Kayorna as the chef works his dishes around the fish and shellfish that have been landed at St Mary's Harbour. On the dessert menu Troytown Farm ice cream is listed and customers can enjoy Ales of Scilly. Foraged herbs often make appearances including wild samphire, sea beat and wild mint. Bread and cakes are also made on site

21 High Street, St Mary's, Isles of Scilly, TR21 0LL

Tel: 01720 422660

E. bluehunter@sailscilly.com







TANGLEWOOD KITCHEN COMPANY

How about this for a great idea? Restaurant quality meals made with fresh, local

ingredients which you can collect or have delivered to your door, tent or yacht? The ready meals are sold from Tanglewood's shop which also sells Troytown ice cream, clotted cream and butter, salad leaves from Scillonian Fayre, crab and lobster from Maiden Bower and lobster from Carn Top. All the eggs used are from Paul and Liz Watts' farm and local ales are on offer from Ales of Scilly.

Tanglewood Kitchen Company, The Post Office, Hugh Street, St Mary's, Isles of Scilly, TR21 0PB

Tel: 01720 422454

E. eat@tanglewoodkitchen.co.uk www.tanglewoodkitchen.co.uk

Twitter: @tanglewoodkitch Facebook: Tanglewood Kitchen









PLOWMAN'S FOOD COMPANY

Alex Plowman had previously run a butchers and deli on the mainland before opening Plowman's Food Company in 2012. Providing a friendly and welcoming service to his customers Alex offers a variety of local meat, shellfish and homemade breads and cakes

Plowman's Food Company, 5 Garrison Lane, Hugh Town, St Marys, Isles of Scilly, TR21 0JD

E. plowmansfoodco@mail.com www.plowmansfoodco.com

Twitter: @plowmansfoodco Facebook: Plowmans Food Co.









BADCOCK'S HOMEMADE PASTIES

Tracy Badcock has lived on Scilly for more than 25 years and makes all her pasties at home in her little kitchen. She sells the meat and vegetarian pasties from her van on the Atlantic slipway at 930am most days. but be aware they sell out quickly!

Tel: 01720 423611 Mob: 07748965671





SCHOONERS HOTEL

Keith and Carol Buchanan have been running Schooners Hotel for more than 8 years. They pride themselves on having a fresh menu everyday using eggs from Mike Hicks on St Agnes, dairy products from Troytown Farm, vegetables from Scilly Organics and Ales of Scilly.

Schooners Hotel, Thorofare, Hugh Town, St Mary's, Isles of Scilly, TR21 0LN

Tel: 01720 422682

E. stay@schoonershotel.co.uk www.schoonershotel.co.uk

Twitter: @schoonershotel Facebook: Schooners Hotel, Hugh Town







BORDEAUX SHOP

Maggie Tucker's homemade jams, pickles and chutneys line the shelves at Bordeaux as well as Mrs Pritchard's marmalade and fudge from The Handmade Fudge Company. Perfect for finding a local souvenir to take home!

Bordeaux Shop, Hugh Town, St Mary's, Isles of Scilly, TR21 0LP

Tel: 01720 422040









SCILLY FISH

A trained chef, Eugene Hogan moved to the islands after marrying a local girl. In 2013 he took over the fish and chip van and wants to sell locally landed fish in the future.

Tel: 07876 340032

Facebook: Scilly Fish





THE WHEELHOUSE **GUESTHOUSE**

As well as offering local eggs and homemade marmalade on the breakfast table, Jen and Dan provide 'Tea by the Sea' on their beach front terrace. Homemade scones are topped with Troytown clotted cream and a selection of St Agnes ice creams are also available.

The Wheelhouse, Little Porth, St Mary's, Isles of Scilly, TR21 0JG

Tel: 01720 422719

E. *info@thewheelhousescilly.co.uk* www.thewheelhousescilly.co.uk







BELL ROCK HOTEL

Bell Rock Hotel has been welcoming guests to Scilly for more than 100 years. At breakfast and at dinner locally sourced produce is used where possible including Scillonian free range eggs from Parting Carn Farm, Scillonian fish and ice cream, from St Agnes.

Bell Rock Hotel, Church Street, St Marys, Isles of Scilly, TR21 0JS

Tel: 01720 423093

E. bellrock.hotel@btclick.com

www.bellrockhotel.co.uk







ST MARY'S HALL HOTEL

Currently the Spirit Restaurant is the only restaurant on Scilly to be part of the Sustainable Restaurant Association. Guests and non residents can enjoy eggs laid here on the islands, shellfish landed from the fishing boat the Maiden Bower and freshly made bread.

St Mary's Hall Hotel, Church Street, Hugh Town, St Mary's, Isles of Scilly, TR21 0JR

Tel: 01720 422316

E. contactus@stmaryshallhotel.co.uk www.stmaryshallhotel.co.uk





PENINNIS FARM





THE HANDMADE **FUDGE SHOP**





In the clean air of the Scillonian islands. a genuine cottage industry has sprung up offering a handmade sweet treat. From a modest kitchen beside the St Mary's harbour, Michele Maplethorpe stirs the imagination with her unusual flavours like Cheeky Cherry Bakewell and Loopy Lemon Meringue.

The Handmade Fudge Shop, The Strand, St Mary's, Isles of Scilly, TR21 0PT

Tel: 01720 423114

E. fudge@handmadefudgeshop.co.uk www.thehandmadefudgeshop.co.uk



THE DAIRY CAFÉ

Homemade scones and cakes are freshly made at the café as well as island crab sandwiches, homemade soups and baguettes. Troytown milk is also available

The Dairy Café, The Strand, St Mary's, Isles of Scilly, TR21 0PT

Tel: 01720 422446

Facebook: The Dairy





MINCARLO GUEST HOUSE

A family run guesthouse overlooking St Mary's Harbour, Mincarlo has an 'Enjoy England' breakfast award for its famous breakfasts! Eggs come from Mike Hicks on St Agnes, milk from Troytown Farm. Plowman's Food Company supply the guesthouse with homemade breads and Bryony and Nick grow some of their own fruit and vegetables.

Mincarlo Guest House, Carn Thomas, St Mary's, Isles of Scilly, TR21 0PT Tel: 01720 422513

E. stay@mincarlo.info www.mincarlo.info





SPERO'S BEACH CAFÉ AND RESTAURANT



The dishes at Spero's are often designed around local superstar ingredients. Crab is landed on local boat, the VickyAnna, free range eggs are from Parting Carn Farm. Vegetables and salads are supplied by Angie Jenkins at Carn Friars. Spero's are keen on using as much local food as possible and one of the chefs even forages wild plants and herbs to use on menus!

Spero's Beach Café and Restaurant, Porthmellon, St Mary's, Isles of Scilly, TR21 0JY

Tel: 01720 422521

E. info@speros.co.uk www.speros.co.uk





JULIET'S GARDEN RESTAURANT & BAR

You can't get more local than growing your own fruit and vegetables for your restaurant and that's exactly what happens at Juliet's Garden.

As well as appearing on the day and evening menus, fruit and vegetables are sold from the farm shop.

Juliet's Garden Restaurant and Bar, Seaways Flower Farm, St Mary's, Isles of Scilly, TR210NF

Tel: 01720 422228

E. seawaysflowerfarm@btinternet.com www.julietsgardenrestaurant.co.uk



SYLINA GUESTHOUSE

Sam and Paul at Sylina grow their own fruit and vegetables for the breakfast menu including tomatoes, melons, strawberries, onion, beetroot and apples. Bread is freshly baked and everything they don't grow or produce they try to buy locally.

Sylina Guesthouse, McFarlands Down, St Mary's, Isles of Scilly, TR21 0NS

Tel: 01720 422129

E. unwind@sylina.co.uk www.svlina.co.uk







KAFFEHAUS SALBEI

Sabine Schraudolph runs a guesthouse which has a traditional Bayarian Café Breads are supplied by Plowman's Food Company and fresh eggs are supplied from up on the Garrison. Maggie Tucker makes iams and local bacon is on the menu when possible. The café's famous apple strudel is made using local apples in season and Scillonian vegetables are used in the soups.

Isles of Scilly Country Guesthouse and Kaffehaus Salbei, High Lane, St Mary's, Isles of Scilly, TR21 0NW

Tel: 01720 422440

E. scillyguesthouse@hotmail.co.uk www.scillvauesthouse.co.uk





OLD TOWN CAFÉ

Homemade cakes, scones and pasties are always on the menu at the Old Town Café and the team always use local crab and vegetables on their lunch and dinner menus when they are available

Old Town Café, Old Town, St Mary's, Isles of Scilly, TR21 0NH

Tel: 01720 422045







OLD TOWN INN



The team behind the Old Town Inn love to add a local touch to the dishes and often will forage plants and herbs from the hedgerows and beaches for dishes on their menus. All food is prepared fresh and half of the menu caters for gluten free and vegetarian customers.

Old Town Inn, Old Town, St Mary's, Isles of Scilly, TR21 0NN

Tel: 01720 422301

E. oldtowninn@hotmail.co.uk

www.oldtowninn.co.uk

Twitter @oldtowninnIOS Facebook: Old-Town-Inn







Nick Jenkins and his wife Angela of Carntop can trace back Nick's family for 300 years on Scilly

CARNTOP GUESTHOUSE



The Jenkins' have a strong fishing background and Nick's mullet, pollock, crab and lobster can be found on the menu at Carntop. Breakfast and evening meals are bursting with local produce. As well as making their own bread, jams and marmalade, seasonal produce is also on offer including their homegrown vegetables, potatoes and fruit.

Carntop Guesthouse, Church Road, St Mary's, Isles of Scilly, TR21 0NA

Tel: 01720 423763

E. jenkins@carntop.co.uk www.carntop.co.uk







COLOSSUS B&B



Carmen Stevens is often busy in her kitchen making jams and preserves from Scillonian apples, blackberries and soft fruits. Bright yellow yolked local eggs play a starring role on the breakfast table giving her guests the chance to taste eggs laid fresh on the islands.

Colossus B&B, Pilot's Retreat, St Mary's, Isles of Scilly, TR21 0PB

Tel: 01720 423361

E. carmen@colossus-scilly.co.uk www.colossus-scilly.co.uk





AIMEE'S FLAVOURED SPECIALITY BREADS

A trained chef. Aimee Christopher is passionate about making high quality flavoured breads. They are topped with local ingredients including thyme, rosemary, sage and basil grown by Aimee's Dad. Flat breads are finished off with island grown cherry tomatoes and onions. Rolls are glazed with local eggs. They are sold at the local produce market on St Mary's and can be made to order.

Aimee's Flavoured Speciality Breads **E.** aimeechristopher@hotmail.com







ALES OF SCILLY



Mark now sells a wide range of casked and bottled beers which are sold across the islands. Popular beers include Firebrand, Scuppered and Maiden Voyage.

Tel: 01720 422419 Mob: 07810816681

E. mark@alesofscilly.co.uk www.alesofscilly.co.uk





of Scilly, made his first alcoholic brew in a school biology lesson at 13 years old!

BECKY'S SCILLY CAKES

Becky's cakes are made with local produce whenever possible. Celebration cakes are available as well as tray bakes, cake toppers, fudge, sweet treats and dog biscuits. Becky's cakes are available at Plowman's Food Company, craft markets and the local produce market.

Becky's Scilly Cakes

Tel: 01720 423422

E. beckysscillycakes@yahoo.co.uk www.beckysscillycakes.webs.com

Facebook: Becky's Scilly Cakes







CARNWETHERS COUNTRY HOUSE

On arrival guests to Carnwethers are given local eggs, homemade marmalade and homemade soda bread as well as tomatoes, apples and apple juice when in season

Carnwethers Country House, Pelistry Bay, St Mary's, Isles of Scilly, TR21 0NX

Tel: 01720 422723

E. carnwethers@aol.com www.carnwethers.com







TRESCO

FAMED FOR ITS BEEF FARMING,

Tresco manages to put Tresco beef on its menus and sell directly

to consumers

Whether in burgers or a fillet steak it's worth visiting the island to try Tresco beef.

and area

New Grimsby

Rushy Point

Tresco

KEY

- 1. The New Inn
- 2. Tresco Stores
- 3. The Flying Boat Club
- 4. The Ruin

THE NEW INN

Tresco's only pub sources as much as it can from the island itself. The menu includes Tresco. beef, free range eggs, asparagus soft fruits and tomatoes from Borough Farm and mixed leaves and vegetables from the Abbey Garden. Further afield it sources its lobster and duck eggs from Dawn Vue on Bryher and its crab from Ian Mitchell on St Martin's. Ales of Scilly, including Scuppered and Maiden Voyage, are also served at the bar.

The New Inn, Tresco, Isles of Scilly, TR24 0QG

Tel: 01720 422844

E. contactus@tresco.co.uk

www.tresco.co.uk/accommodation/new-inn/







THE FLYING **BOAT CLUB**





Situated right above the beach near New Grimsby harbour, the members only clubhouse serves light breakfasts. lunches and dinners using Tresco beef, local shellfish and vegetables.

Flying Boat Club, Tresco, Isles of Scilly, TR24 0QQ

Tel: 01720 424068

E. contactus@tresco.co.uk

www.tresco.co.uk/foodanddrink



TRECO STORES



With a strong emphasis on local foods including Tresco beef, St Agnes ice cream and fruit from Angela and Chris Jenkins, Tresco Stores has a reputation for its gourmet array of products. The shop has its own bakery selling fresh bread and pasties and a large selection of Cornish cheeses as well as old favourites. In addition to grocery there is a wide selection of drinks on sale including wine from St Martin's Vineyard and Ales of Scilly.

Tresco Stores, Tresco, Isles of Scilly, TR24 000

Tel: 01720 422454

E. shop@tresco.co.uk www.tresco.co.uk/foodanddrink







THE RUIN



The island's beach front restaurant serves a Mediteranean inspired menu and uses a wood fired oven to cook much of its food. Crab is sourced from the islands, wood fired breads are made on site and vegetables and soft fruits are grown on Tresco.

The Ruin, Tresco, Isles of Scilly, TR24 0OG

Tel: 01720 424849

E. contactus@tresco.co.uk Twitter: @Ruin_Beach_Café







St MARTIN'S

FISHING BOATS STILL COME
IN AND OUT OF ST MARTIN'S
EVERYWEEK

- **KEY**
- 1. St Martin's Vineyard
- 2. Polreath Tearoom
- 3. The Island Bakery
- 4. St Martin's Post Office
- 5. Scilly Cow
- 6. Scilly Organics
- 7. Scillonian Fayre

ST MARTIN'S VINEYARD

The vineyard has been in the Thomas family for generations and was formally a bulb farm. Now, farming grapes grown in the Scilly sunshine, Val and Graham Thomas' wine is being sold in some of Scilly's finest restaurants and shops. Visit the vineyard to look around the shop or to take a tour of the farm.

St Martin's Vineyard, Highertown, St Martin's, Isles of Scilly, TR25 0QL

Tel: 01720 423418

E. graham@stmartinsvineyard.co.uk
www.stmartinsvineyard.co.uk







POLREATH TEAROOM

Baking is at the heart of Polreath's menu. All the cakes, pastries and scones are homemade and come from tried and tested family recipes. The lunches are prepared to order and use salads, herbs and vegetables from St Martin's. Ian Mitchell from St Martin's catches the crab for the fresh crab salads and St Martin's wine and Ales of Scilly are also on sale for thirsty customers!

Polreath Tearoom, Highertown, St Martin's, Isles of Scilly, TR25 0QL

Tel: 01720 422046

E. enquiries@polreath.com www.polreath.com





THE ISLAND BAKERY

Barney McLachlan took over the Island Bakery, a former lobster potting shed. The bread and rolls are made using organic flour and there are guest breads every week from sourdough loaves to sun dried tomato ciabattas. Every morning pasties are made using Cornish beef as well as the popular spiced vegetable pasties. Filled rolls are for sale including fresh local crab and if you're still hungry, Barney bakes a range of homemade cakes made using local eggs.

The Island Bakery, Highertown, St Martin's, Isles of Scilly, TR25 0QL

Tel: 01720 422111

E. theislandbakery@hotmail.co.uk
www.theislandbakery-stmartins.com



ST MARTIN'S POST OFFICE

Jan and Bruce Frank took over St Martin's Post Office and Stores at the end of 2013. They sell a wide range of Scillonian items including locally caught fish, wine from St Martin's Vineyard, local eggs, St Agnes chocolate and ice cream. Perfect for some local souviners to take home with you.

St Martin's Stores, Highertown, St Martin's, Isles of Scilly, TR25 0QL

Tel: 01720 422801







 $www.stmartins\hbox{-}stores.co.uk$



Pedigree Red Ruby Devon cows are grazed on the flower farm

Passionate local farmers Ben and Zoe Julian, and the Isles of Scilly Wildlife Trust, manage the flower farm landscape.

The meat from this slow grazing, Red Ruby Devon breed, is beautifully marbled and is sold from the farm

Churchtown Farm. Highertown, St Martin's, Isles of Scilly, TR25 0QL

Tel: 01720 422169

E. info@scillyflowers.co.uk www.scillycow.co.uk

Facebook: Scilly Flowers Twitter: @scillyflowers

SCILLY ORGANICS



Local farmer Jonathan Smith grows organic vegetables on six acres of land from his farm on St Martin's island.

He supplies cafés and restaurants as well as running a local food box scheme and has a roadside vegetable stall in Middletown. He grows a wide range of vegetables that are available according to the season. You can also do a farm trail at Lawrences.

Scilly Organics, Middletown, St Martin's, Isles of Scilly, TR25 0QN

E. jonathan@scillyorganics.com www.scillyorganics.com











Ten years ago Ian Metcalf moved to the islands with no tools or land

lan slowly took on and subletted abandoned land and bought tools and machinery along the way. He now farms seventeen small fields spread across St Martin's and grows vegetables, salads, fruit, herbs and flowers. From parsnips and artichokes to cucumbers, the array of vegetables are sold from his shop in Middletown and are also available from some outlets on St Mary's.

Scillonian Fayre, Middletown, St Martin's, Isles of Scilly, TR25 0QL

Tel: 07769 613731

Facebook: Scillonian Fayre

















STILL A VIBRANT FARMING **COMMUNITY**,

honesty stalls make up a vital part of bryher's food economy





- 1. Fraggle Rock
- 2. Bryher Shop
- 3. Dawn Vue

- 4. Hell Bay Hotel
- 5. Veronica Farm Fudge
- 6. Samson Hill Pizzas

FRAGGLE ROCK

Concentrating as much as they can on locally produced food, Fraggle Rock sources many of its ingredients from Scilly and Cornwall. Bryher chef Kim Hopkins uses island farms to get eggs, salads, vegetables. fruits and jams. Bryher fishermen deliver local shellfish and she buys her dairy produce from St Agnes. Kim enjoys incorporating wild Bryher foods like sea spinach, nettles, gorse flowers and wild garlic into her dishes. Fraggle Rock is famous for its Friday fish and chip night!

Fraggle Rock, Bryher, Isles of Scilly, TR23 0PR Tel: 01720 422222 E. harbourview@bryher.co www.bryher.co







BRYHER SHOP

Established in 2011 Bryher born Zoe Dan started a new shop and in store bakery

producing delicious breads, rolls and cakes daily. Zoe's quickly established an enviable reputation for her Scillonian Tattie Cake, a traditional Scillonian recipe made from potatoes. As a general store she also sells Troytown milk, yogurt and cream, Veronica Farm fudge, Dawn Vue free range eggs, Ales of Scilly and Little Island Chocolate Company. The perfect place for picking up a locally produced picnic! The shop does online shopping for Bryher residents and visitors which is delivered for free.

Bryher Shop, Bryher, Isles of Scilly, TR23 0PR

Tel: 01720 423601 E. zoe@bryhershop.co.uk

www.bryhershop.co.uk







Dawn Vue Mike and Sue Pender are from a traditional fishing family who go back generations on Scilly

They've been catching lobster and crabs in Scilly's crystal clear waters for more than forty years. They supply to local hotels and pubs and take private orders so you can enjoy fresh shellfish while on holiday on the islands. The shellfish is cooked to order with 24 hours notice. Mike and Sue also sell a broad range of herbs, fruits, eggs and vegetables from their honesty stall on Bryher.

Dawn Vue, Bryher, Isles of Scilly, TR23 0PR

Tel: 01720 422975

E. mikeandsusanpender@gmail.com







HELL BAY HOTEL

The Hell Bay Hotel is an AA 4 star hotel which has 3 rosettes for its restaurant. Chef Richard Kearsley enjoys using the best of the island's local produce and has been learning about foraging and what is naturally available on the islands. The Hell Bay Hotel has its own chickens on site for children to select each morning for breakfast. Local suppliers feature heavily on the menus and their crab and lobster comes from Bryher fishermen.



Veronica Farm, Bryher, Isles of Scilly, TR23 0PR

Tel: 01720 422862

E. geoff.taylor2@btconnect.com





Hell Bay Hotel, Bryher, Isles of Scilly, TR23 0PR Tel: 01720 422947 www.hellbay.co.uk

VERONICA FARM FUDGE

A small family business which uses St Agnes milk, clotted cream and butter to slowly make crumbly fudge. Veronica Farm Fudge (vanilla and clotted cream) is sold at outlets across the islands and on a fudge stall outside the farm gates. The fudge is also sold at the Local Produce Market where you can discover flavours including Cornish Seasalt, Thunder and Lightning and Chocolate. If you want to reduce your luggage allowance home then mail order fudge is also available!







SAMSON HILL PIZZAS







The tomato sauce is made from island tomatoes and herbs from the garden and the pizzas are topped with vegetables from Hillside Farm. Available as takeaway, pre-orders only.

Samson Hill Cottage, Bryher, Isles of Scilly, TR23 0PR

Tel: 07540521137

E. info@samsonhill.co.uk www.samsonhill.co.uk

Twitter: @samson hill Facebook: Samson Hill Cottage





TROYTOWN FARM



The Hicks family of Troytown Farm, can be traced back for hundreds of years on St Agnes

The farm, on the western side of the island, now supports three generations. They have a herd of ten milking cows (Jersey's and Ayrshires) which graze outside all year around. Milk, homemade clotted cream, yogurts and ice creams are all sold from the farm shop. Troytown also produces its own beef and pork, fattening calves and pigs on any excess milk and cream. As well as the farm shop, meat and dairy products can be purchased from the Local

Produce Market on St Mary's and boxes of produce can be delivered to both residents and visitors.

Troytown Farm, St Agnes, Isles of Scilly, TR22 0PL

Tel: 01720 422360

E. farmshop@troytown.co.uk

www.troytown.co.uk

Twitter: @troytownfarm Facebook: Troytown Farm & Campsite



Tonya and Ben Hicks' farm has been in their family for generations and for more than nine years they have been running it as an organic farm growing fresh vegetables, fruit and herbs.

They sell through a roadside stall as well as providing produce to the Turks Head, cafés and guesthouses on St Agnes.

Tamarisk Farm, St Agnes, Isles of Scilly, TR22 0PL

Tel: 01720 422363

TAMARISK FARM



COASTGUARDS CAFÉ

Owner. Tristan Hick was born and bred on St Agnes and recently expanded the café to provide more indoor and outdoor seating. Local clotted cream, milk and ice cream all appear on Coastguards Café menu as well as island salads and soft fruits. Even the hot chocolates are made using chocolate stirrers from the Little Island Chocolate Company on St Agnes. Breads are homemade on the premises.

Coastguards Café, St Agnes, Isles of Scilly, TR22 0PL

Tel: 01720 422197







HIGH TIDE RESTAURANT



Chef Mark Eberlein worked for six seasons on St Agnes before marrying a local girl and opening High Tide in the summer of 2007. Lobsters are pulled from the sea just hours before they appear on the plates, freshly dug vegetables, free range eggs and milk are all sourced from St Agnes.

High Tide Restaurant, St Agnes, Isles of Scilly, TR22 0PL

Tel: 01720 423869

E. hightide.mark@googlemail.com www.hightide-seafood.com







Father and son, Kit and Harry Legg, fish from their eight metre boat and come from a Scillonian family who have <u>lived on St Agnes for generations</u>

> The Legg's catch lobsters, crab and crawfish from the waters around St Agnes. They are all available live, but please give 24 hours notice to bring them ashore.

Ruddy Shellfish, St Agnes, Isles of Scilly

Tel: 01720 422136

E. *fish*@*harrylegg.co.uk*





RECIPES RECIPES

RECIPES INDEX

INDEX INDEX

NOTES

NOTES INSIDE BACK COVER

BACK COVER