

· ROWES ·
RETREATS



LOCAL SPOTS YOU SHOULD TRY

Rowes Retreats Partnership & Discounts Guide

1/ Sunshine Cafe and Yoga

- Discount: 20% (In store & Takeaway)

📍 The JP Building, Hill Head, Harbour Village, Penryn





2/

Harbour Lights Fish and Chips

- Discount: 10% (in store, takeaway, Deliveroo)

📍 Arwenack St, Falmouth



3/ Sandys Deli

- Discount: 5% (In store)

📍 14 Killigrew St, Falmouth



4/ Kelp Canteen

- Discount: 5% off Fal Estuary oysters
- 📍 Custom House Quay, Falmouth



PIZZA

5/

Dough an Dowr

- Discount: 10%
- 📍 Queen Mary Rd, Falmouth



OLFACTORY COFFEE ROASTERS

6 /
Olfactory Coffee

• Discount: 10%

📍 23 Killigrew St, Falmouth

7/

Die Happy Pizza

- Discount: Free garlic bread (with 2+ pizzas)

📍 19 Killigrew St, Falmouth



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Gluten
Free



8 /

Flapjackery

- Discount: 10% off in store (over £14 spend)
- 📍 61 Church St, Falmouth



9/ Scarlett's Wine Bar

- Discount: 10%

📍 40 Arwenack St, Falmouth



10/ Falmouth Walking Tour

- Discount: 10% off with code

📍 Falmouth



11/

Restaurant Mine

- **Discount:** Glass of fizz or soft drink on arrival
- 📍 **4, The Old Brewery Yard, High St, Falmouth**

12/ Helford River Cruises

- **Discount: Private charters for 12 people £320**

📍 Budock Vean Hotel, Budock Vean Ln, Mawnan Smith, Falmouth



A man with glasses and a beard, wearing a checkered shirt and a grey apron, is smiling while cooking. He is holding a knife in his right hand and a spoon in his left hand. The background is blurred, showing a kitchen setting.

13/

Alan Rosenthal - Private Chef

- Discount: Monthly Supper Club 10%

📍 Falmouth

14/ Dynamite Brewing

- Discount: 10% off
- 📍 Falmouth/Penryn





15/ Kernow Wine

- Discount: 10% off Keg Wine
Falmouth

16/ Situ Cafe

- Discount: 10% off
Penryn



The image shows the interior of a bakery. On the left, there are tall wooden racks filled with various types of bread, including round loaves and long rolls. In the foreground, a long wooden table is covered with a variety of pastries and baked goods. These include small round tarts or scones on a plate, several pastries in individual paper liners, and a large tray of what looks like chocolate-covered or fruit-topped pastries. The background features arched doorways and warm lighting, creating a cozy atmosphere.

17/ Stones Bakery

- Discount: 15% off
Falmouth / Penryn

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save this for
your next
holiday

LOCAL PARTNERS

FALMOUTH & SURROUNDING AREA

BUSINESS	DISCOUNT
SUNSHINE CAFE AND YOGA	20% OFF (IN STORE, TAKEAWAY)
HARBOUR LIGHTS FISH AND CHIPS	10% OFF (IN STORE, TAKEAWAY, DELIVEROO)
SANDYS DELI	5% OFF (IN STORE)
KELP CANTEEN	5% OFF FAL ESTUARY OYSTERS
DOUGH AN DOWR	10% OFF
OLAFACTORY COFFEE	10% OFF
DIE HAPPY PIZZA	FREE GARLIC BREAD (WITH 2+ PIZZAS)
FLAPJACKY	10% OFF IN STORE (OVER £14 SPEND)



LOCAL PARTNERS

FALMOUTH & SURROUNDING AREA	
BUSINESS	DISCOUNT
SCARLETT’S WINE BAR	10% OFF
RESTAURANT MINE	GLASS OF FIZZ OR SOFT DRINK ON ARRIVAL
HELFORD RIVER CRUISES	PRIVATE CHARTERS FOR 12 PEOPLE £320
ALAN ROSENTHAL -PRIVATE CHEF	10% DISCOUNT ON SUPPER CLUB
DYNAMITE BREWERY FALMOUTH/PENRYN	10% DISCOUNT
KERNOW WINE	10% OFF KEG WINE
SITU CAFE	10% OFF
STONES BAKERY	15% OFF

