

# *Breakfast Menu*

*We will bring to your table your choice of:*

**Teas** – St Pirans English Breakfast, Earl Grey, Red Berry, Green Tea, Chamomile or Mint

**Coffee** – from Cornish Coffee, ground in Cornwall

**Hot Chocolate** (gf, df, nf, v)

Accompanied by white or wholemeal toast made from local breads (go, df, v)

## **CONTINENTAL BREAKFAST**

**Freshly Baked Croissant, Pain Au Chocolate or Pain au Raisin** (v)

**Fruit Salad** (gf, df, nf, v, ve, lf)

**Choice of Fruit Juices** (gf, df, nf, v, ve, lf)

**Selection of Breakfast Cereals and Cereal Bars**  
(go, v, ve, lf)

**Choice of Fruit and Natural Yogurts** (gf, df, nf, v)

**Fresh Seasonal Fruit Basket** (gf, df, nf, v, ve, lf)

## **VEGETARIAN BREAKFAST**

**Vegetarian Breakfast** (v, do, nf, veo)

Vegetarian sausage, mushrooms, grilled tomato, baked beans, spinach, hash brown or fried bread and egg of your choice

**Vegetarian Benedict** (go, nf, v, veo)

Mushrooms and spinach on a toasted English muffin with local “Scilly” poached eggs, finished with hollandaise sauce

**Ask us about our daily breakfast specials**

All items on our menu are subject to availability of fresh produce. Where possible we support our local community by using local produce. To help us cater for guests with food allergies or sensitivities, please inform us and we will make every effort to accommodate your needs. Our food is not prepared in a nut free environment.

gf – gluten free | go – gluten free option | df – dairy free | do – dairy free option | nf – nut free | v – vegetarian | vo – vegetarian option | ve – vegan | veo – vegan option | lf – lactose free | lo – lactose free option

## **FROM THE KITCHEN**

**Full Cornish Breakfast** (do, nf, lf)

Bacon, sausage, hogs pudding, mushrooms, grilled tomato, baked beans, black pudding, hash brown or fried bread and egg of your choice

**Eggs Benedict** (go, nf)

Bacon or ham on a toasted English muffin with local “Scilly” poached eggs, finished with hollandaise sauce

**Breakfast Sandwich** (do, nf, lf)

Choose from either, bacon, sausage or fried egg on wholemeal or white bread or toast

**Eggs Royale** (go, do, nf)

Local Scilly eggs with slices of Scottish salmon, on a toasted English muffin, finished with Hollandaise sauce

**Boiled Eggs and Toast “Soldiers”** (v, df, nf, gf, lf)

Cooked to your liking using local eggs

**Porridge** (v, veo, gf, nf, df, lf)

Prepared to your liking, perhaps with honey, banana, jam or maple syrup

**Bacon & Cheese Croissant** (nf)

**Selection of South West Cheeses, Ham and**

**Cold Cuts** (nf, gf)

With sliced tomato and Cornish Sea Salt

**Waffles** (do, nf, v)

With either natural yogurt and compote, or maple syrup & bacon