

# BREAKFAST

## WE WILL BRING TO YOUR TABLE YOUR CHOICE OF:

**Teas** – St Pirans English Breakfast, Earl Grey, Red Berry, Green, 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

**Selection of Fresh Pastries** (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

**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 Scilly poached eggs, finished with  
hollandaise sauce

## 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 Scilly  
poached eggs, finished with hollandaise sauce

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

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

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

Eggs with slices of 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 and 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 yoghurt and compote, or maple  
syrup and bacon

**Ask us about our daily breakfast specials.**

**If there is something else you would like that is not on the menu, please do ask.**

**SERVED FROM 8:00 TO 9:30AM**

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 to cater for guests with food allergies or sensitivities, please do inform us and we will make every effort to accommodate your needs. Our food is not prepared in a nut free environment.

