

# BREAKFAST

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

**Teas** – St Pirans English Breakfast, Earl Grey, Red Berry, Green Tea, Chamomile or Mint (gf, df, nf, ve)

**Coffee** – from Cornish Coffee, ground in Cornwall (gf, df, nf, ve)

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

Accompanied by crumpets or white / wholemeal toast made from local breads (go, df, no v)

**Decaffeinated tea and coffee available.**

## CONTINENTAL BREAKFAST

**Selection of Fresh Home-Baked Pastries (v)  
and a Selection of Home-Made Breads**  
(do, no, v, veo)

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

**Smoothie of the Day** (ask for allergen information)

**Selection of Breakfast Cereals and  
Cereal Bars** (go, df, v, ve, lf, no)

**Daily Yoghurt Selection** (ask for  
allergen information)

**Selection of Cured Meats and Cheeses** (gf, nf)

**Hard Boiled Eggs from Parting Carn Farm**  
(gf, df, nf, v, lf)

## VEGETARIAN / VEGAN

**Vegetarian Breakfast** (gf, do, nf, v, lf)

**Vegan Breakfast** (gf, df, ve, nf, lf)  
Butternut and sweet potato pattie, flat mushroom,  
vine tomatoes, baked beans, wilted spinach,  
Parmentier potatoes and egg of your choice  
(or scrambled tofu with turmeric for Vegan option).

**Smashed Avocado and Chilli** (go, df, nf, v)  
On toasted English muffin with coriander,  
fresh lime and chilli oil with poached eggs from  
Parting Carn Farm

**Eggs Florentine** (go, nf, v)  
Wilted spinach, toasted English muffin,  
soft Scilly poached eggs, hollandaise sauce  
with mushroom crumble

## FROM THE KITCHEN

**Full Cornish Breakfast** (go, do, no)  
Bacon, sausage, hogs pudding, flat mushrooms,  
vine tomatoes, baked beans, black pudding,  
Parmentier potatoes and egg of your choice

**Eggs Benedict** (go, do, nf)  
Pulled ham hock on a toasted English muffin with  
Scilly poached eggs, finished with hollandaise sauce  
and black truffle oil

**Tregarthen's Eggs** (go, nfo)  
Wilted spinach, toasted English muffin,  
soft Scilly poached egg, hollandaise sauce,  
grilled sliced Cornish hogs pudding with  
black pudding crumble

**Eggs Royale** (go, do, nf)  
Smoked salmon on a toasted English muffin  
with Scilly poached eggs, finished with hollandaise  
sauce and dill oil

**Pancake Stack** (df, ve, nf)  
Sweet breakfast pancakes with your choice of topping.  
Choose from:  
Caramelised banana, maple syrup and  
toasted pecans (v)  
Streaky bacon and maple syrup (nf)  
Natural yoghurt, mixed berries and honey (nf, v)

**Ask us about our daily breakfast specials.  
If there is something else you would like  
that is not on the menu, please do ask.**

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.



