

BREAKFAST MENU



If you wish to join us for dinner, please speak to one of our team
who will be happy to make a reservation for you.

We also recommend you booking well in advance for our popular
Sunday roast – book ahead now to avoid disappointment.

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.

gf - gluten free go - gluten free option df - dairy free do - dairy option nf - nut free
no - nut option v - vegetarian vo - vegetarian option ve - vegan veo - vegan option



Continental Breakfast- £12.95
Continental and Something from the Kitchen £18.95

WE WILL BRING TO YOUR TABLE YOUR CHOICE OF:

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

Cafetière Coffee – fresh Cornish Coffee beans, ground in Cornwall
(gf, df, nf, v, ve)

Decaffeinated tea and coffee available.

A choice of wholemeal or white toast – selection of spreads
and preservatives (go, do, no, v, ve)

CONTINENTAL BREAKFAST

Indulge in a variety of our freshly prepared buffet-style
continental breakfast

Selection of Freshly Baked Pastries
(no, v)

Fresh Fruit Platter, Fruit Salad and a Fresh Fruit Bowl
(gf, df, nf, v, ve)

Selection of Breakfast Cereals
(go, df, no, v, ve)

Home-Made Flapjack (go, do, no, v, veo)

Yoghurt Bar – selection of toppings
(go, do, no, v, veo)

Selection of Cured Meats and Cheeses
(go, do, nf, vo)

Overnight Oats – selection of toppings
(go, do, no, v, veo)

Home-made Smoothie of the Day (please ask for allergen information)

Selection of Fruit Juices
(gf, df, nf, v, ve)

FROM THE KITCHEN

Enjoy one of our delicious freshly prepared dishes served to your table

Tregarthen's Cornish Breakfast (go, df, nf)
Bacon, sausage, black pudding, Cornish hogs' pudding, mushroom,
confit tomato, baked beans, hash brown and local egg
of your choice

Vegetarian Breakfast (go, df, nf, v, veo)
Vegan sausage, mushrooms, confit tomatoes, baked beans, hash brown,
spinach, local egg of your choice or turmeric scrambled tofu

Chorizo Shakshuka (do, nf)
Local eggs poached in chorizo, tomatoes, olive oil, peppers, onion,
spinach and chilli, served with sourdough toast

Eggs Benedict (go, do, nf)
Honey roasted ham and poached eggs on a toasted English muffin,
drizzled with Hollandaise sauce

Eggs Royale (go, do, nf)
Smoked salmon and poached eggs on a toasted English muffin,
drizzled with Hollandaise sauce

Eggs Florentine (go, do, nf, v)
Spinach and poached eggs on a toasted English muffin,
drizzled with Hollandaise sauce

Avocado Sourdough Toast (go, df, nf, v, veo)
Avocado, poached eggs, chilli and herb oil on toasted sourdough

Dippy Eggs and Soldiers (go, do, nf, v)
Soft boiled eggs with your choice of wholemeal or white toasted soldiers

Waffles (do, nf, vo, veo)
With a choice of berries, yoghurt and honey, or bacon and maple syrup

Creamy Porridge (go, do, nf, v, veo)
Please help yourself to toppings from the buffet