

RISE & SHINE

Two course breakfast including filter coffee, tea, herbal teas and juices



FIRST COURSE available at the bar

PASTRIES (V)

a selection of pastries

FRESH FRUIT SALAD (V) (VG) (GF) (DF)

CEREAL (V)

coco pops, frosties, cornflakes, bran flakes, weetabix

GRANOLA (V)

layers of fruit compote, granola, natural yoghurt

TOAST (V)

YOGHURT SELECTION (V)

SECOND COURSE

FULL BREAKFAST (GF)

pork sausage, grilled back smoked bacon, hash brown, grilled tomato, mushrooms, baked beans, free-range egg

VEGETARIAN FULL ENGLISH (V) (*GF - NO SAUSAGE)

vegetarian sausage, hash brown, grilled tomato, mushrooms, wilted spinach, baked beans, free-range egg

VEGAN FULL ENGLISH (VG) (*GF - NO SAUSAGE)

vegan sausage, hash brown, grilled tomato, mushrooms, wilted spinach, baked beans

EGGS BENEDICT (GF*)

toasted muffin, sliced ham, poached free-range eggs, hollandaise sauce

EGGS ROYALE (GF*)

toasted muffin, smoked salmon, poached free-range eggs, hollandaise sauce

POACHED EGG, SMASHED AVOCADO (V)(GF*)

toasted bloomer, avocado, poached egg, seeds

PANCAKES

smoked bacon, add maple syrup

WARM PORRIDGE (V)

fruit compote, honey

KIDS SECOND COURSE

PORRIDGE (V)

honey

PANCAKES

add maple syrup or nutella

SCRAMBLED EGG & BEANS ON TOAST (V)(GF*)

FULL ENGLISH (GF)

pork sausage, grilled back smoked bacon, hash brown, mushrooms, baked beans, free-range egg

BEVERAGES

FILTER COFFEE
DECAF COFFEE
HOT CHOCOLATE

TEA

CORNISH BREAKFAST
CHAMOMILE
EARL GREY & ROSE PETAL
GREEN TEA
MINT
STRAWBERRY, CHILLI & WHITE TEA

HOT DRINKS

ESPRESSO	£2.25
AMERICANO	£3.25
CAPPUCCINO	£3.5
LATTE	£3.5
FLAT WHITE	£3.5

If you have any dietary requirements please inform a member of staff when ordering. We try and source as much produce as possible from the local area.
V - Vegetarian, VG - Vegan, VG* - Vegan Option Available, GF - Gluten Free, GF* - Gluten Free Option Available, DF* - Dairy Free Option Available