



THE OLD COASTGUARD

Breakfast

8.00am – 10.00am

Apple juice, from *Polgoon Vineyard & Orchard of Penzance*

Coffee, roasted by *Yallah* of Falmouth

Loose leaf tea, from *Trumper's* of Hereford

From The Breakfast Table

15.00 to graze

or ask us if you'd like something on its own

Fresh fruits

Selection of baked pastries

Selection of toast with home-made preserves

Home-made granola and various well-known cereals

Poached apricots, prunes or seasonal fruits

Trewithen Dairy organic yoghurt

Mixed toasted seeds, honey

From The Kitchen

Porridge with honey 6.50

Grilled Newlyn day boat fish, lemon butter, parsley 14.50

American style pancakes, streaky bacon & maple syrup / poached rhubarb & crème fraîche 13.50

Roasted heritage tomatoes, whipped tofu, grilled sourdough, salsa verde 🌿 14.00

Smoked haddock rarebit, English muffin, spinach, onion, poached egg 14.50

Full Cornish 16.50

*Primrose Herd dry cured bacon, hogs' pudding, free range sausage, mushroom, tomatoes,
Cornhill free range egg, mushroom ketchup & baked beans*

Full Vegetarian 14.50

*Sauté potatoes, spinach, mushroom, tomato, baked beans, Cornhill free range egg,
mushroom ketchup*

- Vegan alternative available -

For allergen advice on any element of our menus, please ask a member of the team.

*We add a discretionary service charge to your total bill. This is handled independently
and shared across our whole team.*

EAT DRINKSLEEP CAN ALSO BE FOUND AT

THE GURNARD'S HEAD
NEAR ZENNOR • 01736 796 928

THE FELIN FACH GRIFFIN
NEAR BRECON • 01874 620 111