

THE OLD COASTGUARD

BREAKFAST

8.00 - 10.00am

EDGE-TAKERS

The Bloody Mary	12.00
The Bloody Shame (non-alc)	9.00
Mimosa	12.00

DRINKS

Apple juice, Polgoon Vineyard & Orchard	2.50
Freshly ground coffee, Yallah, Falmouth	from 2.80
Loose leaf tea, Trumper's of Hereford	2.75

Resident guests: you've full access to the menu below. Hot drinks on the way. Help yourselves to apple juice.

Non-residents: opt for a continental Grazing Breakfast or go "all in" with an unrestricted Sleeper's Breakfast.

Both include a tea or coffee & an apple juice. Or build your own brekkie following the prices instead.

Grazing Breakfast 15.00
Incl. apple juice & hot drink

The Sleeper's Breakfast 27.50
All in (except for cocktails)

FROM THE BREAKFAST TABLE

Continental, DIY-style with everything (well, mostly everything) that you'd expect to see. What we can make in house, we do. We leave the cornflakes up to Mr K.

Fresh fruit *pb, gf*

Selection of baked pastries

Selection of toast with home-made preserves *gfo, dfo*

Home-made granola and various well-known cereals *pb*

Poached apricots, prunes or seasonal fruits *pb, gf*

Trewithen Dairy organic yoghurt *gf*

Mixed toasted seeds, honey *pb*



FROM THE KITCHEN

Hot food to fuel your Penwith exploring or your journey home. Most days, cooked by the wonderful Yvonne.

Porridge with honey *dfo* 6.50

Grilled Newlyn day boat fish, lemon butter, parsley *gf, dfo* 14.50

Roast heritage tomatoes, whipped tofu, grilled sourdough, salsa verde *gfo, pb* 14.00

Smoked trout, English muffin, spinach, poached egg, hollandaise 14.50

American-style pancakes: Streaky bacon & maple syrup / Blueberry compote & crème fraîche 13.50

FULL CORNISH *gfo, dfo* 16.50

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

FULL VEGETARIAN *gf, df, pbo* 14.50

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

Look for the gf, df & pb for dishes free of gluten or dairy, or plant based. The "o" means we can adapt that dish. Please also talk to us about any other specific allergies or intolerances about which we need to know.

We add a 12.5% discretionary service charge to your total bill. This is handled independently and shared across our whole team.

EATDRINKSLEEP CAN ALSO BE FOUND AT

THE GURNARD'S HEAD
NEAR ZENNOR • 01736 796 928

THE FELIN FACH GRIFFIN
NEAR BRECON • 01874 620 111