

# RISE & SHINE

Two course breakfast including filter coffee, tea, herbal teas and juices  
– £25 per adult, £10 per child  
Alternatively select continental breakfast - £15 per adult, £8 per child.



## 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 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