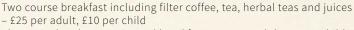
RISE & SHINE



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)

DECAF CORNISH BREAKFAST

LEMON & GINGER

RED BERRY

RED BUSH

VANILLA CHAI

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

BEVERAGES

FILTER COFFEE **DECAF COFFEE** HOT CHOCOLATE

TFΔ

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 £3.5 FLAT WHITE £3.5