

## **BREAKFAST MENU**

Where possible we use local organic farm produce or fair trade when not available. Special dietary needs can be catered for with prior arrangement. Our breakfast menu is updated regularly but a sample of our breakfast menu is shown below:

#### To Start

Selection of Cereals, Muesli, Yoghurts, Choice of Chilled Fruit Juices, Fresh Fruit Salad

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## Hot Traditional Breakfast

Full Cornish breakfast including locally produced sausages and bacon, hogs pudding, fresh tomatoes, mushrooms, baked beans and your choice of free range organic eggs (scrambled with butter, poached or fried)

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## Hot Vegetarian Breakfast

Linda McCartney's sausages and bacon, fresh tomatoes, mushrooms, baked beans and your choice of free range organic eggs (scrambled with butter, poached or fried)

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# Hot American Breakfast Fried ham, Pancakes with fruit, Eggs & hash brown potatoes Omlettes of your choice

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# Fish

Smoked Salmon & Scrambled Egg served on toasted muffins or hot homemade bread

Fresh Smoked Kippers served with lemon and butter

All of our bread is homemade daily and offered with a choice of locally produced jams and marmalades

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Continental Breakfast with a selection of cheeses and pastries is available upon request.

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#### Beverages

Hot freshly brewed coffee, selection of tea (including English Breakfast, Earl Grey, Lady Grey, Herbal and Fruit)