



## Good Morning;

Breakfast time **8.00am to 9.30am**. Sunday: **8.30am to 10.00am**.

Help yourself from the sideboard:

- **Fresh Fruit. Various Cereals. Various homemade fruit compotes. Plain Cornish Yoghurt.**
- **Hot porridge plain or Apple & Blueberry, serves with maple syrup and Cornish cream.**
- **Toast your own fresh toast so you have the freshest toast; Multigrain or Tiger White Bloomer with homemade Marmalade, Jam and local Honey.**  
**We can toast for you if you prefer; please ask.**

Followed by:

- **Full Cornish Woodlands Breakfast Sausage**, dry cured Middle-Back **Bacon**, Cornish **\*Hogs Pudden**, Baked **Tomato, Mushrooms, Fried Bread, Potato Cake** **Free range Cornish egg**: Fried, Poached or Scrambled.
- **Traitor's Eggs**: Creamy scrambled eggs, with smoked-salmon, served on a toasted English Muffin sprinkle of chives. (mf - fish)
- **Vegetarian Full with Veggie Sausage, Tomato, Mushrooms** (mf) **Potato cake, Baked beans, Free range Cornish egg**: Fried, Poached or Scrambled
- **Boiled Eggs**: One or Two of Cornish free range eggs (mf, gf) (boiled to your liking) with toasted soldiers – brown or white.
- **Continental Breakfast**: A Croissant and a Pain au Raisin – baked here. (mf)
- **Side order**: Baked Beans, toast (multigrain or Tiger White) (mf).
- **Special requests for Kippers** (gf,df) or **milk-poached smoked haddock** (gf), (df - if with water) **please make known the night before.**
- **Fruit Juices**. Squeeze your own fresh oranges. Cornish apple juice.
- **Coffee**: Padstow Coffee Co. or Decaffeinated – **in Cafetières**. Or a mug of **Instant Gold Blend**.
- **Hot Chocolate**.
- **Leaf Tea**: English Breakfast, Earl Grey.
- **Bags**: 'Builders ordinary tea bags', Darjeeling, Lapsang Souchong, Earl Grey.
- **Variety of Herb Teas**.

**\*Cornish Hogs Pudden or Pudding:**

A large pork, herbs, seasoning and bread-crumbs sausage. Boiled in a skin, sliced and then fried in slices.  
**WONDERFUL!**

*Your breakfast is homemade or locally grown or baked and/or produced, free range and/or organic, 'proper Cornish'. See reverse for more information.*

**Please state if you have any dietary preferences; vegetarian, gluten-free etc., well in advance so we can provide the best breakfast for your particular diet.**

**Please ask about allergens in the food we produce.**

**(gf) = Gluten free. (df) = Dairy free. (mf) = Meat free**

**For the consideration of other guests; Mobile Phones should be switched off or silent.**