

# The BREAKFAST MENU

SERVED 7.30AM - 10.00AM  
DAILY IN THE RESTAURANT

## FROM THE BUFFET

PLEASE ENJOY THE SEASONAL SELECTION  
FROM THE BREAKFAST BUFFET

Fruit Juices

A Fine Selection of Pastries

Fresh Fruit *59 kcal per 100g*

Poached Berries

Dried Fruits *271 kcal per 100g*

Stewed Fruits

Natural *56 kcal* & Fruit Yoghurts *220 kcal*

A Variety of Cereals

Continental Meats & Cornish Cheese

Handmade Granola

## TRADITIONAL ENGLISH BREAKFAST

**Traditional English Breakfast**

Sausage *196 kcal*, Unsmoked Back Bacon *202 kcal*, Mushroom *15 kcal*,  
Grilled Tomato *28 kcal*, Hash Browns *124 kcal*, Eggs Cooked to Your Choice  
(Black Pudding *292 kcal*, White Pudding *101 kcal* or Baked Beans on Request)

**'Lighter' English Breakfast**

Grilled Bacon *101 kcal*, Poached Eggs *80 kcal*, Grilled Tomato *28 kcal* & Mushroom *15 kcal*

**Vegetarian Cooked Breakfast**

Quorn Sausages *222 kcal x2*, Mushroom *15 kcal*, Grilled Tomato *28 kcal*, Hash Browns *124 kcal*,  
Eggs Cooked to Your Choice

**Vegan Cooked Breakfast**

Quorn Sausages *222 kcal x2*, Grilled Tomato *28 kcal*, Hash Browns *124 kcal*,  
Sautéed Flat Mushroom *100 kcal*, Wilted Spinach *70 kcal*

Adults need around 2000 Kcal a day.

May contain traces of allergens. Please let us know if you have any allergies  
or dietary requirements. Whilst we do our all to accommodate our guests,  
we cannot guarantee any dish will be completely allergen free.

## VEGAN BUFFET SELECTION

**Chia Seed Pudding** *112 kcal*

Candied Orange & Blueberries

**Lemon & Chia Seed Muffin** *235 kcal*

## COMFORT BREAKFAST

PLEASE CHOOSE FROM ONE OF THE FOLLOWING OPTIONS:

**Traditional Rolled Porridge Oats**

With Milk *352 kcal* or Water *221 kcal*

**Bacon Sandwich**

on Soft Thick White *672 kcal* or Brown Bread *661 kcal*

## À LA CARTE BREAKFAST

PLEASE CHOOSE FROM ONE OF THE FOLLOWING OPTIONS:

**Oak Smoked Salmon** *985 kcal*

Scrambled Eggs, Chives & Lemon Oil

**Eggs Benedict**

Smoked Ham & Hollandaise, Toasted English Muffin

**Grilled Kippers**

Capers, Lemon & Parsley Butter

## FRESHLY BREWED TEA OR COFFEE

DECAFFEINATED TEA & COFFEE AVAILABLE

**English Breakfast Tea**

Earl Grey

Green Tea

Peppermint

Assam

Camomile

Fruit Tea

**Pot of Freshly Brewed Coffee**

**£22.00 PER PERSON**  
Non-Residents