

The
BREAKFAST
MENU
—

ROYAL DUCHY
HOTEL

SELF-SERVICE BUFFET

Please enjoy the seasonal selection from the buffet

Fruit & Juices GF VE

A selection of seasonal fresh fruit and juices *120 kcal*

Continental Pastries

Croissants, pain au chocolat and muffins

330 kcal G, D, E, SO, N

Yoghurt & Toppings GF?

Natural yoghurt with toasted granola, nuts and dried fruits

430 kcal D, G, N, SU, SO

Cereals

A choice of two cereals with dairy milk *220 kcal* G, D, N, SO, SU

Self-Service Toasting Station

Pre-sliced white, wholemeal and sourdough breads
with butter portions, preserves and honey *300 kcal* G, D, SO, S

Gluten-free bread available on request and toasted separately

Vegan Chia Bowl VE GF

Chia seed pudding with candied orange and blueberries *340 kcal* SU

COOKED BREAKFASTS

Cornish Breakfast

Hog’s pudding, pork sausage, unsmoked back bacon, baked beans,
hash browns, eggs any style, grilled tomato and mushroom *1120 kcal* G, E, D, SU, M

Garden Breakfast V GF

Griddled halloumi, hash browns, wilted spinach, grilled tomato
and mushroom, with eggs cooked to your liking *790 kcal* D, E

Plant-Based Breakfast VE GF?

Plant-based sausages, smashed avocado and tomato,
vegan hash browns, grilled mushroom and wilted spinach *730 kcal* SO, G, SU, M

Lighter Breakfast GF

Grilled bacon, poached eggs, grilled tomato and mushrooms *380 kcal* E, SU

BREAKFAST FAVOURITES

Smoked Salmon & Scrambled Eggs GF?

Oak smoked salmon folded through creamy scrambled eggs
with chives and lemon on toasted sourdough *700 kcal* F, E, D, G

Eggs Benedict

Poached eggs and hollandaise on a toasted
muffin with roasted ham *770 kcal* G, E, D, SU, M

Eggs Florentine v

Poached eggs and hollandaise on a toasted muffin
with wilted spinach *700 kcal* G, E, D,

Porridge Bowl v

Rollled oats, choose from honey,
toasted nuts or seasonal berries *450 kcal* G, D, N

Bacon Sandwich

Bacon in a toasted bloomer with tomato relish

590 kcal G, D, SO, SU

Sausage Sandwich

Sausage in a toasted bloomer with tomato relish

710 kcal G, D, SO, SU, M

FRESHLY BREWED TEA OR COFFEE

English Breakfast Tea VE GF *0 kcal*

Earl Grey Tea VE GF *0 kcal*

Green Tea VE GF *0 kcal*

Peppermint Tea VE GF *0 kcal*

Assam Tea VE GF *0 kcal*

Camomile Tea VE GF *0 kcal*

Fruit Tea VE GF *0 kcal*

Pot of Freshly Brewed Coffee VE GF *5 kcal*

Milk-Based Coffees / Hot Chocolate

Calories and allergens may vary, please ask D, SO, N, G

D - DAIRY G - GLUTEN M - MUSTARD E - EGG MO - MOLLUSCS CR - CRUSTACEAN C - CELERY
N - NUTS F - FISH SU - SULPHUR DIOXIDE S - SESAME SO - SOYA P - PEANUTS L - LUPIN

Adults need around 2000 kcal a day. Our dishes may contain traces of allergens. Please let us know if you have any allergens or special dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen free.

VE VEGAN | VE? CAN BE VEGAN (ask when ordering) | V VEGETARIAN | GF GLUTEN FREE
GF? CAN BE GLUTEN FREE (ask when ordering)

Served 7.30am - 10.00am | Daily in the Restaurant