

## **breakfast menu**

served between 7 and 9 am

food allergies and intolerances  
before ordering please let us know your requirements

please choose from the following

### **drinks**

tea, coffee, local apple juice, orange juice

### **to start**

porridge

or

cereal - muesli, corn flakes, crunchy nut, weetabix

or

apple & blackberry compote topped with yoghurt & granola

### **to follow choose one of the following**

cornish naturally cured kipper

hot smoked salmon & scrambled eggs

home-cooked ham & eggs, tortilla with mojo picante

goat's cheese, crushed avocado, poached egg on toasted sourdough

freshly sliced serrano ham, manchego & welsh rapeseed oil

welsh cheddar or laverbread omelette ( optional tomato & mushrooms )

artisan pain au raisin or quince & almond tart

### **to finish**

toast, welsh honey, home-made quince jam & pink grapefruit marmalade