

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 - 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

sausage, bacon & egg

ham & eggs, tortilla with mojo picante

welsh cheddar or laverbread omelette

freshly sliced serrano ham, manchego & welsh rapeseed oil

artisan pain au raisin or quince & almond tart

to finish

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