

# BREAKFAST MENU

Served Daily from 7:00am to 09:30am

- ◆ Breakfast is served in the Main Dining Room.
- ◆ Please place your order by 20:00 the night before, contact Reception via email, phone or Chat Widget on the online Hotel Directory. Please include your name, room number & your preferred time slot.
- ◆ Please inform us when placing your order if you have any dietary requirements.
- ◆ Time slots are 50 minutes long, please ensure you are seated within the first 15 minutes of your allocated slot and vacate the dining room promptly.
- ◆ Please understand that due to Government regulations, we are working with reduced staffing levels and there could be a wait at peak times. We thank you in advance for your patience & understanding.
- ◆ Tables in the Dining Room will have your room number displayed so you can find your table when you enter the dining room. If you do not wish to have your room number displayed please inform us when ordering your breakfast.

[Time slots will be allocated on a first come first served basis].

◆ 07:00 - 07:50

◆ 08:15 - 09:05

◆ 9:30 - 10:20

## Drinks

- ◆ Apple Juice
- ◆ Cranberry Juice
- ◆ Orange Juice
- ◆ Tea
- ◆ Coffee
- ◆ Hot Chocolate
- ◆ Speciality Teas
- ◆ Decaf Coffee
- ◆ Glass of Milk

## Fruit & Yoghurt

- ◆ Yoghurt, Compote & Granola Pot [GFO]
- ◆ Grapefruit Segments
- ◆ Prunes
- ◆ Fruit Salad

## Pastries

- ◆ Freshly Baked Croissants
- ◆ Freshly Baked Rolls [GFO]
- ◆ Granary or White Toast [GFO]

## Cereals

- ◆ Cornflakes [GFO]
- ◆ Crunchy Nut C'flakes
- ◆ Fruit & Fibre
- ◆ Weetabix
- ◆ Muesli
- ◆ Porridge [GFO]

- ◆ Strawberry Jam
- ◆ Raspberry Jam
- ◆ Blackcurrant Jam

- ◆ Butter
- ◆ Honey
- ◆ Marmalade

- ◆ Marmite
- ◆ Chocolate Spread
- ◆ Brown Sauce

- ◆ Ketchup
- ◆ Soya Milk
- ◆ Vegan Spread

## COOKED BREAKFAST

Please choose from one of the following

### The Full Cornish - GFO

Kittow's Sausage, Bacon, Cornish Free Range Egg (Poached, Fried or Scambled), Portobello Mushroom, Baked Tomato, Hash Brown & Baked Beans

OR

### The Full Vegan - VE

Vegan Sausage, Portobello Mushroom, Baked Tomato, Hash Brown, Baked Beans & Wilted Spinach  
Add an Egg to make it a Vegetarian Breakfast

OR

**Smoked Salmon, Scrambled Eggs with a  
Toasted Bagel**

V - Vegetarian VO - Vegetarian option available upon request  
VE - Vegan VEO - Vegan option available upon request  
GF - Gluten Free GFO - Gluten Free option available upon request