

# RISE & SHINE

Filter coffee, tea and herbal teas are all included with breakfast.



## FIRST COURSE

### PASTRIES (V)

a selection of pastries

### FRESH FRUIT SALAD (V)

### GRANOLA (V)

layers of fruit compote, granola, natural yoghurt

### WARM PORRIDGE (V)

fruit compote, honey

## SECOND COURSE

### FULL BREAKFAST

pork sausage, grilled back smoked bacon, grilled tomato, mushrooms, hash brown, baked beans, free-range egg

### VEGETARIAN FULL ENGLISH

vegetarian sausage, hash brown, grilled tomato, mushrooms, wilted spinach, baked beans, free-range egg

### VEGAN FULL ENGLISH

vegan sausage, hash brown, grilled tomato, mushrooms, wilted spinach, baked beans

### EGGS BENEDICT

toasted muffin, sliced ham, poached free-range eggs, hollandaise sauce

### EGGS ROYALE

toasted muffin, smoked salmon, poached free-range eggs, hollandaise sauce

### POACHED EGG, SMASHED AVOCADO (V)

toasted bloomer, avocado, poached egg, seeds

### PANCAKES

smoked bacon, maple syrup

## KIDS FIRST COURSE

### PASTRIES

mini muffin, mini croissant, mini pain au chocolat

### FRUIT SALAD (V)

### CEREAL (V)

coco pops, frosties, cornflakes, rice krispies, weetabix

### PORRIDGE (V)

honey

## KIDS SECOND COURSE

### PANCAKES

maple syrup

### SCRAMBLED EGG & BEANS ON TOAST (V)

### FULL ENGLISH

pork sausage, grilled back smoked bacon, hash brown, mushrooms, baked beans, free-range egg

## JUICE BAR

APPLE  
ORANGE  
CRANBERRY

## BEVERAGES

FILTER COFFEE  
DECAF COFFEE  
HOT CHOCOLATE

## TEA

CORNISH BREAKFAST  
CHAMOMILE  
EARL GREY & ROSE PETAL  
GREEN TEA  
MINT  
STRAWBERRY, CHILLI & WHITE TEA

## HOT DRINKS

|            |       |
|------------|-------|
| ESPRESSO   | £2.25 |
| AMERICANO  | £3.25 |
| CAPPUCCINO | £3.5  |
| LATTE      | £3.5  |
| FLAT WHITE | £3.5  |

If you have any dietary requirements please inform a member of staff when ordering. We try and source as much produce as possible from the local area.  
V - Vegetarian, VG - Vegan, VG\* - Vegan Option Available, GF - Gluten Free, GF\* - Gluten Free Option Available, DF\* - Dairy Free Option Available