

The Buffet

Fruit Juice (Orange, Apple, Grapefruit)

Assorted Cereals and Muesli

Porridge (available on request)

Grapefruit Segments Homemade Fresh Fruit Salad
Greek Style and Fruit Yogurts Freshly Baked Pastries
and Breads Cornish Cheeses

Hot Beverages

Freshly Ground Locally Roasted Coffee

Freshly Ground Locally Roasted Decaffeinated Coffee

Fair-trade Tea and Decaffeinated Tea A Selection of
Organic Fruit & Herb Teas Hot Chocolate

Cornish Cooked Breakfast

Dry-cured Grilled Bacon, Traditional Pork Sausages,
Hogs Pudding
Free Range Egg
(fried, poached or scrambled) Grilled Tomato Sautéed
Mushrooms

or

Locally Smoked Salmon with Scrambled Eggs or
Free Range Soft or Hard Boiled Eggs

Wholegrain Brown or White Toast

Marmalade Fruit Preserves Cornish Honey

*We strive to use only the very best local
produce for our Breakfasts.*

*We are able to cater for vegetarian, gluten
and dairy free diets. Please ask us if you
have any other dietary requests.*