



Breakfast menu

We are happy to accommodate special dietary requirements if we can please give us as much notice as possible.

To start

Fresh Orange Juice
Cereals, Yoghurt, Muesli, Grapefruit
Homemade Granola
Fresh Fruit Platter when in season

A choice of.....

Smoked Salmon with free Range Eggs
Our local butcher, Mr Kittow's Sausages,
Bacon, Mushrooms, Tomatoes and Free Range Eggs

Vegetarian Grill

Free Range Eggs, Fried or Scrambled, with Mushrooms, Tomatoes,
Bubble and Squeak
Free Range Poached Eggs on Soda Bread
Free Range Eggs on Toast with Mushrooms

Fish

Smoked Fish gently poached and served with Crusty Bread

All served with

Da Bara Bakery White and Granary Fresh Bread daily
A range of Jams and Marmalades from our local Lobb's Farm Shop,
at Heligan and honey from Honeyman Andrew (our artisan bee keeper)

or our fresh 'super nutritional juice of the day'

**We support local food producers by using Cornish products whenever we can.
Sausages and bacon from Mr Kittows, St Austell. Free range eggs from St Ewe Poultry Farm.**