

# **Breakfast**

## **~ Continental Buffet ~**

Cereal  
Selection of muffins  
Selection of pastries  
Fresh fruit slices  
Yoghurts  
Natural yoghurt with honey & compote  
Dried goji seeds, sunflower seeds

## **~ From the Kitchen ~**

### **Full Cornish Breakfast**

Bacon, field mushroom, farm eggs, plum tomato, beans & sausage.

Vegetarian option also available.

**Pan fried mackerel fillets,  
horseradish crème fraiche**

**Poached Egg & smashed avocado,  
Baker Tom's toasted sourdough ,  
Cornish chilli oil.**

**Waffles, honey, berries & cinnamon**

**Polurrian smoked salmon,  
scrambled hens egg, bagel**

**Cornish Clotted Cream & Marmalade Porridge**