

# 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 fraîche**

**Poached egg, smashed avocado,  
Baker Tom's toasted sourdough,  
Cornish chilli oil**

**Waffles, honey, berries, cinnamon**

**Polurrian smoked salmon,  
scrambled hen's egg, bagel**

**Cornish clotted cream and marmalade  
porridge**

