



BREAKFAST

7am to 9.30am Monday to Friday | 8am to 10am Saturday, Sunday

Cafetiere of locally roasted coffee

OR

English Breakfast, Earl Grey, Green & speciality tea

HELP YOURSELF BUFFET

Juice - orange, apple

Selection of individual cereals & muesli

Almonds, seeds & raisins

Toasted local bread

Freshly baked croissant

Fresh fruit bowl

Fruit yoghurt OR Trewithen Dairy natural yoghurt

Red fruit compote

Continental cheese & salami

Make your own free range boiled egg

TO ORDER

Porridge with honey or cinnamon

OR

Toasted waffle with red fruit compote

OR

'Scandi beans on toast' - toast, baked beans, capers & dill

EXTRAS TO ORDER

Barista latte, cappuccino, americano from the bar £3.50

Two blueberry pancakes with maple syrup £4

Sliced avocado, tomato & cream cheese £5

PLEASE LET US KNOW OF ANY ALLERGIES & NOTE THE ALLERGEN INFORMATION ON THE BUFFET

GLUTEN FREE - GF PORRIDGE, CEREAL, TOAST & BAGELS AVAILABLE.

SEMI SKIMMED, SOYA, OAT & LACTOSE FREE MILK AVAILABLE.