

Breakfast Menu

Please help yourself to fruit juice and cereal.

We will come to your table to take your hot
drinks and food order.

Food allergies and Intolerances

Before you order your food and drinks, please speak to us if you would like to know about our ingredients.

Hot Drinks Menu

- Coffee:** Cafeteria: Regular or Decaffeinated.
Cappuccino
Latte
Espresso
- Tea:** Tetley
Decaffeinated Tetley Tea.
Earl Grey Tea
Assam Tea
Sencha Green Tea
Lemon Verbena Infusion
Red berry & Kiwi Burst Infusion
Trio of Mint Infusion
- Hot chocolate:** Cadburys (made with milk).

To Start

Please help yourself to fruit juice and cereal.

If you would like hot porridge please ask.

Breakfasts

- Mini Monty: Egg, bacon, sausage, hash brown and baked beans.
- Full Monty: 2 eggs, 2 bacon, sausage, hash brown, baked beans, tomato & mushrooms.
- The Vegetarian: Egg, vegetarian sausage, hash brown, baked beans, tomato & mushrooms.
- Bagel: Toasted plain bagel, available with cream cheese or smashed avocado.
- On toast: Beans or eggs, etc.
- Kippers: Oily smoked fish with small bones.
- Teacake: Served toasted, a sweet bun with dried fruit.
- Sandwich: Bacon, sausage or egg, etc.

Eggs can be fried, poached or scrambled.

We also have black pudding and fried bread on request.

To Accompany

Toast: wholemeal or white.

Good to know

We are pleased to use local produce whenever possible. We use award winning sausages supplied by Etheringtons, Scorrier which also supplies us with back bacon and black pudding. The loose leaf tea is from West Country Tea, based here in Newquay.

While the Boddingtons jams are produced in Mevagissey, Cornwall and contain only natural ingredients. The Cornish brown sauce and tomato ketchup are produced locally in Truro and also contain only natural ingredients. Our free range eggs and butter are sourced from local dairy farms.

Dietary Requirements

‘The Vegetarian’ breakfast is suitable for vegans when ordered with butter free mushrooms and without eggs. We also have gluten free sausages, gluten free bread and dairy free milk available on request. Please ask if you have any dietary requirements.