



## MENU

### Breads, Pastry, Fruit and Muesli

- Fresh fruit selection
- Tim's dairy greek yoghurt and Trewithen Farm whole milk
- Organic muesli, homemade granola, selection of seeds and dried fruits
- Freshly baked butter croissant
- Organic toast, local organic sourdough bread
- Homemade preserves, selection of local honey and sugar free preserves
- Our selection of local Cornish cheeses

### Hot breakfast

- Hot 'croque croissant' - St Endellion Brie, tomato and dry cured bacon
- Boiled organic eggs with sourdough toast soldiers
- English breakfast - Organic eggs cooked to your liking, sausage, dry cured bacon, tomatoes on the vine, button mushrooms, potato rösti, baked beans
- Sautéed mushrooms, fried egg, walnut and pine nut pesto on sourdough toast
- Avocado toast, fresh leaves, coriander, asparagus, poached egg, tomato salsa
- Omelette 'aux fines herbes'. Ask us if you would like any of your favourite filling.
- Organic oat porridge in almond milk, coconut palm sugar, poached pears in saffron and cardamom, vanilla yoghurt, almond butter swirl, pistachio and hazelnut
- Smoked salmon and smoked mackerel paté smörgåsbord, scrambled eggs
- Cardamom and star anise sourdough french toast, poached red berries, basil and vanilla yoghurt
- Chakchouka - traditional middle eastern breakfast dish. Poached eggs in a spiced tomato velouté, yoghurt, toasted pumpkin seeds, sourdough toast

HOME MADE JAMS  
AND PRESERVES



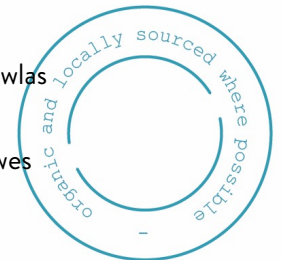
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### Drinks

- Origin coffee including cappuccino, latte, espresso or french cafetière
- Selection of organic teas and infusions
- Origin fair trade hot chocolate
- Fresh juices and smoothie/juice of the day

### Our local suppliers

- Sausages, dry cured bacon from traditional local butcher Vivian Olds, St. Just
- Local cheeses and yogurt from Mounts Bay Dairy, Crowlas
- Organic eggs from Penbugle Organic Farm, Liskeard
- Smoked salmon from The Cornish Fishmonger, St Mawes
- Local honey from Gwenen Apiaries, Portreath
- Organic milk from Trewithen Farm, Lostwithial
- Organic bread from Vicky's Breads, Helston
- Fairtrade coffee and hot chocolate from Origin Coffee, Helston



We strive to ensure that our menu is always seasonal and may therefore choose to change certain items or add some seasonal specials to the menu.

Gluten free bread and dairy free milks are available on request. If you have allergies to certain foods, please inform us.

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