

Breakfast is served from

8.30am until 10am

Please let us know in advance if you require
breakfast outside of these times

It's **your** breakfast, so have it **your** way, just ask
and we will do our utmost to satisfy

Your breakfast is always freshly cooked to order
so please bear with us during busy times



Breakfast Menu



We only use the best quality ingredients available,
and we primarily source our ingredients from
local suppliers.

A Word From Our Suppliers

Tregida Smokehouse • Warbstow

A family run business producing traditional Cornish Oak
smoked fish, we serve the excellent smoked Kippers.

Steve Heard Quality Butchers • Camelford

Heard's have a long tradition in Camelford for supplying
quality local produce. Mr Cornelius based in Davidstow itself
supply the Pork for the Chipolata Sausages.

Trewithen Dairy • Lostwithiel

The dairy products use 100% Cornish milk and can only be
achieved from happy, healthy cows fed on a nutritious diet of
Cornish grass. The milk, butter & Yoghurt is Trewithen.

Cornish Bacon • Whitstone nr. Bude

Pride themselves on supplying top quality local produce.
They're home bread & reared pigs produce the finest cured
bacon you will ever have.

Deli Farm Charcuterie • Delabole

Produce the Best Coppa ham this side of Italy slowly dry
cured in a blend of salts and spices, coated in pepper spice
mix, and air dried to develop the strong punchy flavour.

The Buffet Table

There is a selection of cereals to choose from

Homemade Muesli
Homemade Granola

Kellogg's Cornflakes
Kellogg's Crunchy Nut
Kellogg's Rice Krispies
Nestle Shreddies
Weetabix

A selection of **Fresh Fruit,**
Dried Apricots & Prunes, Mixed Dried
Fruit & Mixed Seeds

Trewithen creamy organic **Yoghurt**

We offer a Homemade treat of the day;
Muffins & Oat Bars etc.

Drinks Options

English Breakfast Tea

Full Roast or Decaf[®] Cafetière Coffee

Fairtrade Hot Chocolate

Speciality Cornish Tregothnan Teas:

Earl Grey

Camomile

Green Tea

Peppermint Tea

A choice of 100% squeezed fruit juices:

• **Orange Juice**

• **Apple Juice**

Homemade Bread & Preserves

Our bread is freshly homemade and served as
toast with Trewithen Cornish butter.

We make a **Granary Loaf** and a **White Loaf**
We have an ever changing seasonal selection of
Homemade Preserves & Marmalade
Please request **Cornish Honey** or **Marmite** if
you prefer.

The Main Event

Full Cornish Breakfast

Free range egg (prepared as you wish), smoked back bacon, chipolata sausages, hogs pudding, grilled tomato, sautéed mushrooms. Can be served with baked beans by request. **E G M V**

Cornish Smoked Kipper

Locally smoked Cornish kipper from Tregida smokehouse, gently oven braised so please excuse the slight wait for it to be served. Comes with fresh homemade bread **F G**

Cornish Continental Breakfast

Cornish ham served with a selection of Cornish cheeses featuring Davidstow cheddar and served with fresh homemade bread. **G M V**

Free Range Egg Omelette with a Choice of Fillings

Please choose up to 4 of the following:

Davidstow cheddar cheese, bacon, sausage
Cornish ham, hogs pudding, tomato, mushroom, onion, pepper. **E G M V**

Pendragon Rarebit

Grated Davidstow cheddar cheese, free range egg, chopped mushroom & Cornish ham combined with special herbs & seasoning then grilled on homemade toast. A tasty option that works anytime of the day. **E G M V**

'Gramps' Special Cheese Sandwich

A Davidstow cheddar cheese sandwich made with homemade bread, lightly fried in basil infused olive oil & served with a runny poached egg on top. Hearty & Delicious! **E G M V**

Homemade Porridge (V)

A winter classic that can be enjoyed all year round. Our porridge is made with Trewithen milk and cream and served with a choice of toppings which include Cornish honey, maple syrup, sugar, salt or maybe a blob of homemade jam. **G M V**

Food Allergies and Intolerances

Before you order your food and drinks, please speak to a member of staff if you want to know about our ingredients.

G	Cereals containing gluten namely wheat, rye, barley, oats and products thereof
C	Crustaceans, prawns, lobster, crabs and crayfish and products thereof
E	Egg and products thereof
F	Fish and products thereof
P	Peanuts and products thereof
S	Soybeans and products thereof
M	Milk and products thereof
N	Nuts: almond, hazelnut, walnut, cashew, pecan nut, brazil nut, pistachio nut and macadamia nut and products thereof
CE	Celery and products thereof
MT	Mustard and products thereof
SS	Sesame seeds and products thereof
SU	Sulphur dioxide and/ or sulphites
L	Lupin and products thereof
MO	Molluscs and products thereof
V	Vegetarian or options available