

# RH



## Breakfast Menu

*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.

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

### Food Allergies and Intolerances

If you have any concerns in regards to food allergies, or if you want to know about our ingredients or how they are prepared, please speak to a member of staff before you order your food and drinks. We can cater for all forms of food allergies and preferences, so please let us know well in advance so we can keep you safe.

# The Buffet Table

There is a selection of cereals and Dried Apricots & Prunes, Mixed Dried Fruit & Mixed Seeds to choose from.

Homemade Muesli or a Homemade Granola (both contain nuts)

Kellogg's Cornflakes, Crunchy Nut, or Rice Krispies  
Also there is Nestle Shreddies or Weetabix, (may contain nuts)

## Please order from the kitchen

A selection of Freshly Cut Seasonal Fruit

Trewithen creamy organic Yoghurt

We offer a Homemade treat of the day, either Home baked Muffins & Oat Bars

## 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:

Squeezed Orange Juice or Pressed Apple Juice

## Homemade Bread & Preserves

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

We have fresh homemade Granary Loaf and a homemade White Loaf, we supply a Gluten free bread alternative on request.

We have an ever changing seasonal selection of Homemade Preserves & Marmalade

Please request Cornish Honey or Marmite if you prefer.

# *The Main Event*

## Simple Options on Toast

Choose from: Fried, Poached, Scrambled or boiled Eggs, or instead, Baked Beans all served on Homemade Granary or White Toast.

## Full Cornish Breakfast

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

## Full Vegetarian Breakfast (V)

Free range egg (prepared as you wish), Vegetarian Sausages, grilled tomato, sautéed mushrooms and baked beans.

## Vegan Breakfast (V)

Vegan Sausages, grilled tomato, sautéed mushrooms served on homemade toast and drizzled with Olive oil & Balsamic glaze, with baked beans served on the side.

## Cornish Smoked Kipper

Locally smoked Cornish kipper from Tregida smokehouse, This is a whole fish cooked on the bone for best results. Comes with traditional fresh untoasted homemade bread.

## Cornish Continental Breakfast

Cornish charcuterie ham served with a selection of Cornish cheeses featuring, of course, Davidstow cheddar and served with fresh homemade bread.

## 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 or pepper. (vegetarian version available)

## 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. (vegetarian version available)

## 'Gramps' Special Cheese Sandwich (V)

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!

## Homemade Porridge (V)

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

# *A Word From Our Producers*

## **Steve Heard Quality Butchers • Camelford (3.6 miles)**

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.

## **Deli Farm Charcuterie • Delabole (5 miles)**

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.

## **Tregida Smokehouse • Warbstow (5.2 miles)**

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

## **Cornish Farmhouse Bacon • Whitstone nr. Bude (13.1 miles)**

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

## **Trewithen Dairy • Lostwithiel (20.4 miles)**

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

## **Rodda's Creamery • Scorrier (42 miles)**

This fifth generation family business has been making clotted cream and producing Cornish milk since 1890 and source their milk from farms within just 30 miles of the creamery.

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