



BREAKFAST

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

Cafetiere of locally roasted Brazilian coffee

Or

Pukka tea - English Breakfast, Earl Grey, Green & speciality tea

Juice - orange, apple

Selection of individual cereals & muesli

Toasted local bread

Freshly baked croissant

Fresh fruit bowl

Fruit yoghurt or Trewithen Dairy natural yoghurt

Red fruit compote

Porridge with honey

Continental cheese & salami

Free range boiled egg

A la carte

Barista latte, cappuccino, americano from the bar £3

Two toasted waffles with red fruit compote £2

Smoked salmon pate & cream cheese bagel £4

Smoked salmon pate, rye toast & capers £3

Please let us know of any allergies & note the allergen information on the buffet.

Gluten Free - gluten free porridge, cereal & toast available.

Semi skimmed, soya, oat & lactose free milk available.