



# 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, cranberry

Selection of individual cereals & muesli

Almonds, seeds & raisins

Toasted local bread

Freshly baked croissant

Fresh fruit bowl

Fruit yoghurt OR Trewithen Dairy natural yoghurt

Red fruit compote

Porridge with honey OR cinnamon (please order)

Continental cheese & salami

Free range boiled egg

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A la carte

Barista latte, cappuccino, americano from the bar £3.25

Two blueberry pancakes with maple syrup £4

Two toasted cinnamon waffles with red fruit syrup £4

Salmon pate, cream cheese & rocket bagel £5

Two English muffins, peanut butter & sliced banana £4

PLEASE LET US KNOW OF ANY ALLERGIES & NOTE THE ALLERGEN INFORMATION ON THE BUFFET

GLUTEN FREE - GF PORRIDGE, CEREAL, TOAST & BAGELS AVAILABLE.

SEMI SKIMMED, SOYA, OAT & LACTOSE FREE MILK AVAILABLE.