



Breakfast served daily between 7.45am and 9.30am

We have a buffet breakfast on offer for you to help yourself to, including:

Fresh Fruit Juice	Selection of Cereals
Prunes & Apricots in Syrup	Fresh Fruit
'Spirit' Cornish Natural Yoghurt, Fruit & Granola Pot	'Jams, Cornish Wild Flower Honey, & Orange Marmalade
Mixed Mini Danish	Freshly Baked Croissants

Tea & Coffee will be served at your table

Please ask for our selection of herbal teas

From the Kitchen:

'Spirit' Full Cornish Breakfast; *Back bacon, Cornish pork sausage & Hog's pudding, grilled flat mushroom, & tomato; Scilly egg cooked to your preference*

Scrambled St Mary's Eggs & Smoked Cornish River Trout; *A superb alternative to smoked salmon and smoked in St. Ives*

Homemade Staffordshire Oatcakes; *A delicious pancake made using oat flour, and filled with back bacon & Cheshire cheese*

Smoked Haddock & Davidstow Cheddar Omelette

Boiled St Mary's Egg & Soldiers

Porridge; *served plain or with plump raisins*

French Toast with Crispy Pancetta & Maple Syrup

Buttered Manx Kipper & Poached Scilly Egg

All our eggs are from free range happy St Mary's hens 😊

