

BREAKFAST

FRUITS & GRAINS

SEASONAL FRESH FRUIT PLATE (GF) 7

Add: Flaxseeds, Sesame Seeds & Almonds

ALMOND MILK CHIA SEED POT (GF) 8

Fresh Berries

HOMEMADE NUTTY GRANOLA 8

Rhubarb Compôte served with Greek or Coconut Yoghurt

BAKERY

MUFFIN OF THE DAY 4.5

freshly baked!

BAKERY (GF AVAILABLE) 3

Sourdough, Malted Brown, White Bloomer

CONDIMENTS

Bon Maman Marmalade, Bon Mamon Strawberry Jam, Cornish Honey, Nutella, Marmite, Nut Butter

SAMPHIRE CLASSICS

THUNDER & LIGHTNING PANCAKE STACK 10

Buttermilk Pancakes with Cornish Clotted Cream & Golden Syrup

THREE-EGG OMELETTE (GF) 12

Choose 3 from:

Mushroom
Tomato
Bacon
Ham
Spinach
Cornish Cheddar

POACHED EGGS & AVOCADO ON SOURDOUGH 13

Two Poached Eggs, Sourdough, Avo with Fresh Lime, Coriander & Chilli Flakes

SAMPHIRE BENEDICT 13

Pulled Smoked Ham Hock, Lemon-thyme Honey Glaze, Soft-Poached Eggs, Whole-grain Mustard & Preserved Lemon Hollandaise, Crispy Capers, served on an English Muffin

FULL CORNISH (GF AVAILABLE) 14

Kittow's Unsmoked Back Bacon, Pen'n'tinny Award-Winning Sausages, Black or Hog's Pudding, Thyme-Roasted Tomato, Field Mushroom, Hash Brown, Baked Beans & Eggs

GARDEN CORNISH (GFA) 14

Herb Veggie Sausage, Wilted Spinach, Thyme-Roasted Tomato, Field Mushroom, Hash Brown, Baked Beans & Eggs

SMOKED SALMON SCRAMBLE (GF) 14

Three-Egg Scramble with Severn & Wye Smoked Salmon, finished with Capers and Chives

HARISSA EGGS ROYALE 14

Two Poached Eggs, Severn & Wye Smoked Salmon & Harissa Hollandaise on a Toasted English Muffin

Drinks

FRESH PRESSED JUICES

Ginger Shot 2
Orange Juice 4.5
Green Juice 4.5
Forest Berry 4.5
Cloudy Apple 4.5

SMUGGLERS BREW CORNISH TEA

Premium quality, awarding winning teas, served in a pot for one person
3.75

Choose from:

English Breakfast
Earl Grey
Assam
Darjeeling
Vanilla Chai

COFFEE

Americano 2.9
Espresso 2.9
Macchiato 3.4
Cortado 3.7
Latte 3.8
Flat White 3.9
Cappuccino 3.9
Mocha 3.9
Matcha Latte 4.5
Iced Latte 4.5

SOFT DRINKS

Pip Organic
Blackcurrant 2
Apple 2

Luscombe
Wild Elderflower 3.65
Sicilian Lemonade 3.65

Coca Cola 3.7
Diet Coke 3.7
Ginger Beer 3.5

Still/Sparkling Water
750ml 4

SIDES

Extra Egg
2

Coriander & Lime
Avocado
3

Pulled Smoked
Ham Hock
3

Pen'n'tinny
Pork Sausages
3

Kittow's Unsmoked
Back Bacon
3

Severn & Wye
Smoked Salmon
4