

BREAKFAST

FRUITS & GRAINS

SEASONAL FRUITS

HOMEMADE GRANOLA

EARL GREY POACHED PRUNES

BAKERY

freshly baked!

Sourdough

Malted Brown

White Bloomer

Muffin of the day

CONDIMENTS

Bon Maman Marmalade

Bon Mamon Strawberry Jam

Cornish Honey

Nutella

Marmite

Nut Butter

SAMPHIRE CLASSICS

FULL CORNISH

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 & your choice of Eggs

GARDEN CORNISH (GFA)

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

SMOKED SALMON SCRAMBLE

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

SAMPHIRE BENEDICT

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

POACHED EGGS & AVOCADO ON SOURDOUGH

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

HARISSA EGGS ROYALE

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

THREE-EGG OMELETTE (GF)

Choose 3 from:

Mushroom

Tomato

Bacon

Ham

Spinach

Cornish Cheddar

THUNDER & LIGHTNING PANCAKE STACK

Buttermilk Pancakes with
Cornish Clotted Cream &
Golden Syrup

Drinks

JUICES

Orange Juice

Forest Berry

Cloudy Apple

COFFEE

Cafetière

Coffee

*Please order with a
member of our team*

SMUGGLERS BREW CORNISH TEA

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

Choose from:

English

Breakfast

Earl Grey

Assam

Darjeeling

Vanilla Chai