

BREAKFAST MENU



Monday - Friday: Served 6.30am - 9.30am.

&

Saturday, Sunday & Bank Holidays: Served 7.00am - 10.00am.

*For the table...*

Choice of orange juice or apple juice,  
English breakfast tea, fresh coffee,  
herbal teas.

*Freshly Cooked*

**Penventon Full House**

Back bacon, pork sausage, Cornish hogs pudding, eggs (cooked your way), tomato, mushroom, hash brown & baked beans. (1,2,4,7)

**Penventon Garden Grill (v)**

Vegetarian sausage, eggs (cooked your way), tomato, mushroom, hash brown, baked beans & spinach. (2,4,7)

**Smoked Haddock**

Poached haddock fillet, poached egg & lemon. (4,5,7)

*Eggs*

**Benedict**

2 poached eggs, bacon, hollandaise sauce, served on a toasted muffin. (2,4,7,13,mc12)

**Royale**

2 poached eggs, smoked salmon, hollandaise sauce, served on a toasted muffin. (2,4,7,13,mc12)

**Florentine (v)**

Fresh spinach, poached egg & hollandaise sauce, served on a toasted muffin. (2,4,7,13,mc12)

**Free Range Eggs on Toast (v)**

Poached, fried or scrambled. (2,4,7,13)

**Scrambled Eggs and Smoked Salmon**

Fresh cream scrambled eggs, buttered granary toast and lemon. (2,4,5,7,13)



We serve Trewithen Dairy semi skimmed milk with your breakfast choices. We also offer oat and almond milk as alternatives!





## *Continental Breakfast*

### **Cold meats and cheese (gf)**

West Country cheese, gammon ham & salami. (7,mc14)

### **Pastries (v)**

Freshly baked butter croissant, Mrs P's jam, cinnamon apple muffin (gf) & apple compote. (2,4,7,13,14)

### **Porridge (v)**

Slow cooked oats, fresh Cornish milk & demerara sugar. (2,7)

### **Cereals (v, vg)**

Cornflakes, Bran Flakes, Weetabix, Alpen or Granola. (2,7,10,11 - see boxes for allergens)

### **Granola (v)**

Natural yoghurt, berry compote & granola. (2,7,10,mc11)

### **Fresh Fruit (v, vg)**

Pink grapefruit, honeydew melon, pineapple, orange & fresh mint.

### **Fresh Grapefruit (v, vg)**

Pink grapefruit & demerara sugar.

Some of the dishes can be adapted to be gluten free or vegan - these will be indicated by a "\*" next to the dietary abbreviation. Please be aware that there may be traces of allergens in dishes due to manufacturing or cooking methods. Please let your server know if you have any allergies.

*Artwork painted by David Pascoe.*