

# TREGARTHEN'S

HOTEL RESTAURANT COTTAGES

## ***Breakfast Menu***

### **Continental Breakfast**

**Apple or Orange Juice** (gf, df, nf, v, ve, lf)

**Choice of either: *Corn Flakes, Frosties, Bran Flakes or Weetabix*** (go, v, ve, lf)

**Fresh Fruit Salad** (gf, df, nf, v, ve, lf)

**Freshly Baked Croissant or Pain au Chocolat** (v)  
with butter & Jam

**Cherry, Peach with Apricot, Strawberry or Natural Yogurt** (gf, df, nf, v)

**White or Wholemeal Toast** (go, df, v)  
choice of butter, jam or marmalade

**Tea or Coffee**

### **From the Kitchen**

**Full Cornish Breakfast** (do, nf, lf)

bacon, sausage, hogs pudding, mushrooms, grilled tomato, baked beans, hash brown and egg of your choice  
(poached, fried or scrambled)

**Vegetarian Full Cornish Breakfast** (v, do, nf, veo)

**Breakfast Sandwich** (do, nf, lf)

choose from either, bacon, sausage or fried egg on either wholemeal or white bread

**Boiled Eggs** (v, df, nf, gf, lf)  
cooked to your liking

**Porridge** (v, veo, gf, nf, df, lf)  
prepared to your liking

All items on our menu are subject to availability of fresh produce. Where possible we support our local community by using local produce. To help us cater for guests with food allergies or sensitivities, please inform us and we will make every effort to accommodate your needs. Our food is not prepared in a nut free environment.

gf – gluten free | go – gluten free option | df – dairy free | do – dairy free option | nf – nut free | v – vegetarian | vo – vegetarian option | ve – vegan | veo – vegan option | lf – lactose free | lo – lactose free option