

BREAKFAST MENU

SERVED
FROM 8 - 9.30 AM
BREAKFAST INCLUDED FOR RESIDENTS*

COOKED

Cape full English

St Just pork sausage, bacon, grilled mushroom, grilled tomato, baked beans, and a choice of fried, scrambled or poached free range eggs (GFO, DFO)
£11.50

Cape vegetarian full English

Vegetarian sausage, grilled mushroom, grilled tomato, fried aubergine, baked beans, and a choice of fried, scrambled or poached eggs (GFO, DFO)
£10.50

Eggs on toast

Fried, scrambled or poached on a choice of brown or white toast (GFO, DFO)
£3

Porridge

with honey or berry compoté
£2.50

Toast

A choice of brown or white toast served with Cornish butter, honey or jam
£2

Add a sausage £1 Add bacon 50p

COLD

Fruit Salad

Selection of fresh fruits
£3.50

Cereals

Cornflakes, branflakes or rice krispies
£2.50

DRINKS

Flat white	£2.80
Latte	£2.70
Cappuccino	£2.80
Americano	£2.50
Espresso	£2.40
Mocha	£2.90
Special tea	£2.05
Pot of tea	£2
Mug tea/coffee	£1.45
Juice (orange, apple, cranberry)	£2.10

BREAKFAST BAPS

SERVED FROM 8 AM - 4 PM

Bacon	
Sausage	£4.50
Bacon and egg	£5.50
Sausage and egg	£5.50
Veggie sausage	£6
Veggie sausage and egg	£4.50
	£5.50

* speciality coffee's and extra items not included for residents

If you have any dietary requirements please inform a member of staff when ordering.

We try and source as much produce as possible from the local area.

V - vegetarian VG - vegan VGO - vegan option available GF - gluten free GFO - gluten free option available