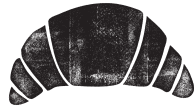


Breakfast



Continental

Fruit juices – orange or apple

Fresh fruit salad, fruit compote

Fresh fruit bowls

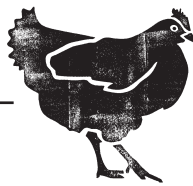
Cornish natural yoghurt, selection of milks

Cornish sliced ham, Cornish cheddar

Selection of pastries, croissants, pain au chocolat, pain aux raisin, blueberry muffins

Selection of pro biotic drinks

Fruit smoothie of the day



Cooked

Full English Breakfast – James Kittow's sausage, bacon, grilled portobello mushroom, grilled tomato, baked beans, hash potato, and choice of egg

Vegetarian Full English (V) – Grilled mushroom, grilled tomato, baked beans, hash potato, wilted spinach, veggie sausage, and choice of egg

Smoked haddock, soft poached egg, lemon

Coln Valley smoked salmon, scrambled egg, toasted sourdough

Baked croissant with filling of the day

American pancakes, James Kittow's streaky bacon, strawberries, maple syrup

Belgian waffle, fruit compote, crème fraîche (V)

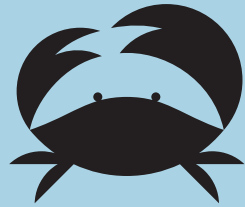
Porridge – with choice of maple syrup or honey (V)

James Kittow's streaky bacon bloomer

Eggs Benedict – with choice of James Kittow's ham, Coln Valley smoked salmon, or spinach

Classic omelette – with choice of James Kittow's ham, local Cornish cheese, mushroom, Coln Valley smoked salmon, spinach

Fresh avocado, salsa verde, lemon, chilli, toasted sourdough (V)



Fowey Hall

CORNWALL