



# Good Morning

## **The Garras buffet**

A range of cereals, fresh fruit, juices and yoghurts.  
Continental meats and cheeses and a selection of freshly baked pastries.

## **Upon request**

Porridge finished with double cream

## **Full Cornish breakfast**

Grilled tomatoes, back bacon, pork sausage, fried bread, hash browns,  
baked beans and grilled mushrooms. Served with either fried, poached  
or scrambled egg

Cornish hog's pudding and boiled eggs are cooked to order

A vegetarian breakfast is available upon request (cooked to order)

Lightly poached local smoked haddock or kippers grilled with butter

## **Garras Omelette**

A light 3-egg omelette with smoked haddock and cheddar cheese  
£2.00 supplement

## **Duke of Cornwall's Favourite**

Scottish smoked salmon and creamy scrambled eggs  
£2.50 supplement

## **Beverages**

Freshly brewed coffee or English breakfast tea

Decaffeinated coffee

Selection of herbal and fruit tea

Gary Hunking - Head Chef

Tony Lock - Restaurant Manager

## **Local Sourcing**

We work closely with local suppliers and farmers to buy the freshest seasonal produce available.  
We are pleased to work in partnership with our butcher, Brian Etherington, Westcountry Fruit Sales, Lillie Brothers Dairy  
and Cornubia Farm Eggs.