

# b l u f f c e n t r e

## BREAKFAST CHOICES served 8.00am—9.30am

Help yourself to:

Fruit juice; cereals; plain yogurt; grapefruit segments; fresh fruit; nuts & seeds.

Why not try something different? This Swiss museli with fresh fruit (from Marianne's family recipe!) is nothing like the dry product sold in breakfast cereal packets!

Please choose from ONE of the following sections:  
All served with toast & spreads; tea or coffee

Either: FULL ENGLISH	OR: CONTINENTAL
sausage	fresh roll
vegetarian sausage	ham
bacon	cornish cheeses
tomato	croissants
baked beans	
mushroom	
egg—fried scrambled poached (please indicate your choice)	
OR: ONE of the following	
kipper fillet (poached) with brown or white bread & butter (please indicate your choice)	scrambled egg & smoked salmon on brown or white toast (please indicate your choice)
eggs benedict	bacon roll—brown or white (please indicate your choice)
boiled eggs & brown or white soldiers (please indicate your choice)	pancakes

All the meat is supplied from local farms; the eggs are also local (free range). The sausages (gold award winning!) are made by our local butcher, and the bacon & ham are also prepared by him. (Mays Meat, Tintagel)