

SERVED 10:00 - 12:00 DAILY

REFRESHMENTS

All of our beans are from Foundation Coffee Roasters, an independent specialty coffee roaster & good vibes provider based in St Ives, Cornwall. Passionate ocean advocates who love where we live, and create a high grade speciality coffee using the best possible ethical practices with minimal environmental impact. Check them out at www.FoundationRoasters.co.uk

Espresso	£3.00	Breakfast Tea	£3.00
Americano	£3.00	Earl Grey	£3.00
Flat White	£3.5O	Green Tea	£3.50
Latte	£3.5O	Peppermint	£3.5O
Cappucino	£3.5O	Fresh Mint	€3.50
Mocha	£3.5O		
		Hot Chocolate	£ 3.8○
Iced Latte	€3.50	Marshmallows, Cream & Sprinkles	£0.50
Make it decaf	£0.50	Vanilla/Hazelnut Syrup	£0.50

THE EARLY BIRD

but different (not that different...)

Our meats are all sourced from Kilhallon farm - 2 miles away from Polkerris. Operated by James Kittow, local butcher, grazier and all round good guy. Cornish Scallops come courtesy of The Cornish Fishmonger, run by the Wing family who's ethos is simple - to provide the highest quality sustainable seafood which is fished responsibly, in-season and locally-sourced wherever possible.

Bacon	£4.5O	It's your breakfast. Tell us the combo you want!	
Sausage	£4.50		
Egg	£4.5O	Extra Bacon	£1.50
Tomato. Halloumi & Basil	£4.5O	Extra Sausage	£ 1.5○
Bacon & Scallop	£9.5O	Extra Egg	£1.50
·		Extra Halloumi	£1.50
The Flatty	£6.5O		
Like a sausage and egg McMuffin			

Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu, and we cannot guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request.