

BREAKFAST

Help yourself to fresh fruit salad, organic yoghurt cereal/organic muesli/Sarah's homemade granola/fruit juice

Cooked Breakfast

Organic Porridge with raisins, add a little demerara sugar or cream

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Scrambled Eggs with Tregida Cornish Smoked Salmon

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Ian's Full English Breakfast (organic bacon and sausages, tomato, mushrooms, and egg of your choice)

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Tregida Cornish Smoked Kipper

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Organic Baked Beans on Toast

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Aga baked egg with bacon served in a pot with toast soldiers

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Smoked Haddock with poached egg on spinach

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Toast

(Homemade organic bread: white or wholemeal/malted grain)

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Tea/Fairtrade Organic Coffee

We pride ourselves in buying direct from local farmers where possible. All our organic meat comes from Higher Hacknell Farm and our eggs from Borough Farm in North Devon. Fruit, vegetables and dairy produce come from Riverford Organics whenever possible with seasonal variations or from other local providers.