



# BREAKFAST MENU

## FULL CORNISH BREAKFAST GF\* £14

WHEAL ROSE SAUSAGES, DRY CURED BACON, ST EWE EGGS, HOGS PUDDING,  
BAKED BEANS, PORTOBELLO MUSHROOM, PLUM TOMATOES, HASH BROWNS  
TOAST

## VEGETARIAN/VEGAN BREAKFAST GF\* £13

ST EWE EGGS, VEGGIE SAUSAGE, VEGAN BACON, PORTOBELLO MUSHROOM,  
PLUM TOMATOES, HASH BROWNS, BAKED BEANS & TOAST

## ST EWE EGGS FLORENTINE GF\* £9

ENGLISH MUFFIN, SPINACH & HOLLANDAISE SAUCE

## ST EWE EGGS BENEDICT GF\* £10

ENGLISH MUFFIN, BACON & HOLLANDAISE SAUCE

## SMASHED AVOCADO GF\* £10

POACHED ST EWE EGGS & CORIANDER (ADD BACON £2)

## AMERICAN STYLE PANCAKES (5) £9

FRUIT COMPOTE & CLOTTED CREAM OR CRISPY BACON & MAPLE SYRUP

## WHEAL ROSE SAUSAGE OR DRY CURED BACON SANDWICH GF\* £9

WHITE OR GRANARY BREAD (VEGGIE OPTIONS AVAILABLE)

## BREAKFAST SMOOTHIES GF £5

PASH'N'SHOOT - MANGO-PINEAPPLE-PASSIONFRUIT  
SPINACH TO WIN IT - BROCCOLI-MANGO-BANANA-PINEAPPLE-  
SPINACH-CUCUMBER



HERON INN

MALPAS

