

BREAKFAST MENU

AVAILABLE FROM 9.30AM TO 10.45AM
(MARCH TO OCTOBER)

FULL CORNISH BREAKFAST GF* £14

WHEAL ROSE SAUSAGES, DRY CURED BACON, ST EWE EGGS, HOGS
PUDDING, BAKED BEANS, FOREST MUSHROOMS, TOMATOES, HASH
BROWN & TOAST

VEGETARIAN/VEGAN BREAKFAST GF* £13

ST EWE EGGS, VEGAN SAUSAGE, FOREST MUSHROOM, TOMATOES,
HASH BROWNS, BAKED BEANS & TOAST

SMASHED AVOCADO GF* £10

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

AMERICAN STYLE PANCAKES (5) £10

FRUIT COMPOTE & CLOTTED CREAM OR CRISPY BACON & MAPLE
SYRUP

SMOKED MACKEREL SCRAMBLE GF* £12

TOASTED SOURDOUGH, ST EWE EGGS, DILL & NIGELLA SEEDS

WHEAL ROSE/VEGAN SAUSAGE OR DRY CURED BACON SANDWICH GF* £9

WHITE OR GRANARY BREAD

BREAKFAST SMOOTHIES GF £5

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



HERON INN

MALPAS