



# THE HERON WINTER BREAKFAST MENU

AVAILABLE EVERY MORNING FROM 9.30am to 11.00am



HERON INN  
MALPAS

## FULL CORNISH BREAKFAST gf\* £14

WHEAL ROSE SAUSAGE, BACK BACON, ST EWE EGGS, HOGS PUDDING, BAKED BEANS  
SLOW ROASTED PLUM TOMATOES, HASH BROWN, TOAST & BUTTER

## VEGETARIAN/VEGAN BREAKFAST gf\* £12

VEGETARIAN SAUSAGE, BACON, SLOW ROASTED TOMATOES, BAKED BEANS, HASH  
BROWN, ST EWE EGGS, MUSHROOMS, TOAST & BUTTER

## EGGS FLORENTINE gf\* £9

TOASTED MUFFIN, SPINACH & HOLLANDAISE

## EGGS BENEDICT gf\* £10

TOASTED MUFFIN, BACON & HOLLANDAISE

## SMOKED SALMON & SCRAMBLED EGGS gf £10

TOAST & GREEN OIL

## FRENCH TOAST £9

CHOOSE FROM: FRUIT COMPOTE & CLOTTED CREAM or BACON & MAPLE SYRUP

## TOAST & BODDINGTONS STRAWBERRY JAM £4

BUTTER

## BREAKFAST SMOOTHIES £5

PASH'N'SHOOT - MANGO - PINEAPPLE - PASSIONFRUIT

SPINACH TO WIN IT - BROCCOLI - MANGO - BANANA - PINEAPPLE - SPINACH - CUCUMBER

FRESH ORANGE JUICE £3.60

APPLE JUICE £3.60

PINEAPPLE JUICE £3.60

## SELECTION OF TEA & COFFEE

OAT - SOYA - ALMOND - COCONUT MILK AVAILABLE

## MENU SUBJECT TO CHANGE

gf = Gluten Free | gf\* = Gluten Free with Adjustments | vg = Vegan

ALLERGEN INFORMATION AVAILABLE UPON REQUEST. PLEASE ASK YOUR SERVER