



FOWEY VALLEY HOTEL

Breakfast Menu 2024

Served Monday-Fridays 7-9am Saturday, Sundays & Bank Holidays 8-10am

Cooked Breakfast

Full-Pork Sausage, Smoked Bacon, Baked Beans, Hash Brown, Grilled Tomato, Fried Egg & Mushrooms

Vegetarian-Vegetarian Sausage, Hash Brown, Baked Beans, Grilled Tomato, Fried Egg & Mushrooms

Gluten Free-GF Sausage, Smoked Bacon, Baked Beans, Grilled Tomato, Fried Egg & Mushrooms

Vegan-Vegan Sausage, Hash Brown, Baked Beans, Grilled Tomato & Mushrooms

Smoked Salmon & Scrambled Egg

Smoked Haddock & Poached Egg

Continental

Cornish Tea & Coffee- *We have a large selection available to you.*

Orange or Apple Juice

Still or Sparkling Water

American Style Buttermilk Pancakes

Croissants & Pastries Assorted flavours

Cereals- *Bran Flakes, Cornflakes, Crunchy Nut, Rice Krispies, Muesli & Weetabix*

Porridge- *Please allow time for this to be cooked to order*

Chilled Buffet

Yoghurt- *Natural or Mixed Flavours*

Grapefruit Segments

Melon & Grape Salad

Prunes

Toast- *Granary or White Bread. Flora/Butter*

Jams- *Raspberry, Apricot, or Strawberry Jam, Honey, Marmite, Marmalade, Nutella*

Grab & Go Breakfast (Please order from Reception the night prior)

Bacon or Sausage Bap, Piece of Fruit, Cereal Bar, Croissant or Pain Au Chocolat, Yoghurt

Takeaway Tea/Coffee. Orange or Apple Juice. Still or Sparkling Water

Room Only Prices

Adult £17.50. Child (under 12), Continental or Grab & Go £10

Allergen Statement: Please advise us if you have any specific Dietary requirements.

We take great care to prevent cross-contamination when preparing your order in our kitchen.

However, we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens.

Therefore, we cannot guarantee your order is 100% free from any of the known 14 allergenic ingredients.