



FOWEY VALLEY HOTEL

Breakfast Menu 2025

Build your own cooked Breakfast

Chicken Sausage or Vegetarian/Vegan **Sausage (GF)**
Hash Brown **(GF)**, Baked Beans, Grilled Tomato, Sauté Mushrooms
Fried, Poached or Scrambled Egg

Smoked Salmon & Scrambled Egg

Smoked Haddock & Poached Egg

Continental Breakfast

Cereals- *Alpen, Cornflakes, Rice Krispies & Weetabix*
Porridge- *Please allow time for this to be cooked to order*
American Style Buttermilk Pancakes & Maple Syrup
Pastries Assorted flavours
Cornish Tea & Coffee- *We have a large selection available to you.*
Orange or Apple Juice
Still or Sparkling Water

Chilled Buffet

Yoghurt- *Natural or Mixed Flavours*
Melon & Grape Pots
Grapefruit Segments
Mandarin Segments
Fruit Cocktail
Prunes

Please help yourself to Toast

Granary or White Bloomer Bread.

Gluten Free Bread is available on request

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

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

**Chicken Sausage or St Ewe Egg 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 £15. Child (under 12-Free), Continental or Grab & Go £10

**Allergen Statement: Please advise us if you have any specific Dietary requirements.
As we cannot guarantee your order is 100% free from any of the known 14 allergenic ingredients.
Apologies but we do not supply pork products.**