



# FOWEY VALLEY HOTEL

## **Breakfast Menu 2024**

### **Build your own cooked Breakfast**

**Beef Sausage (GF) or Vegetarian/Vegan Sausage**

Hash Brown (GF), Baked Beans, Grilled Tomato, Sauté Mushrooms

St Ewe Fried, Poached or Scrambled Egg

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**Smoked Salmon & Scrambled Egg**

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**Smoked Haddock & Poached Egg**

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### **Continental Breakfast**

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

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### **Chilled Buffet**

**Yoghurt-** Natural or Mixed Flavours

**Melon & Grape Pots**

**Grapefruit Segments**

**Mandarin Segments**

**Fruit Cocktail**

**Prunes**

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### **Please help yourself to Toast**

*Granary or White Bloomer Bread. GF bread available on request*

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

*Flora and Butter*

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

**Beef 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*

We are proud to support local produce & suppliers where we can, including St Ewe Eggs, James Kittow Butcher, Trewithen Dairy, Westcountry Fruit & Veg, Cornish Tea & Coffee

**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 anymore.**