

All Day Breakfast (Vegan butter available)

Breakfast (Sausage, Bacon, Egg, Mushrooms, Beans, Toast)	4.50
The Big Breakfast (2 of everything)	6.50
Vegan Breakfast (Veg Sausage, Mushrooms, Hash Brown, Beans, Tomato, Toast)	4.20
The Big Vegan Breakfast (2 of everything)	6.00
Veggie Breakfast (Veg Sausage, Egg, Mushrooms, Beans, Tomato, Toast)	4.20
The Big Veggie Breakfast (2 of everything)	6.00
Breakfast Omelette (3 eggs, Bacon, Cheese, Tomato, Mushrooms)	6.00
Breakfast Baguette (2 Bacon, 1 Sausage, Fried Egg, Mushrooms)	4.80
Scrambled Eggs & Smoked Salmon on Toast	6.00
Scrambled Eggs on Toast	3.90
Fried Eggs / Beans on Toast	3.90
Buttered Toast with Jam / Marmalade / Marmite	0.50
Toasted Tea Cake & Butter	1.80
Add a Tomato, Egg, Hash brown or Black Pudding	0.50
Add Bacon, Sausage or Beans	0.80
Add Mushrooms	1.00

Cliff Top Specials (Don't forget to check our 'specials' board)

Prawn Salad	7.60
Avocado Salad with either Salmon / Bacon / Prawns	7.60
Warm Chicken & Bacon Salad	7.60
Warm Sweet Chilli Chicken Salad	7.60
Greek Salad with Pitta Bread	7.60
Butternut Squash & Chickpea Pattie, Pitta, Sweet Chilli Dip & Salad	7.60
Falafel in a Tomato wrap with Houmous, Sweet Chilli Dip & Salad	5.95
Fresh Local Crab Salad (Check for availability)	8.50
Add half a Baguette or Bread	0.50

The West Country Ploughmans

West Country Ham & Cornish Yarg Cheese	7.60
Served with Salad, Apple & Cider Chutney, Pickled Onions, Baguette	

Jacket Potatoes (Served with Salad Garnish)

With either Cheese / Beans / Coleslaw / Tuna Mayo / Bacon	5.00
Jacket Potato topped with Prawns, Rosemarie Sauce, Salad	5.80
Add another filling	0.80

Cornish Cream Tea

Pot of Tea, Homemade Scone, Cornish Clotted Cream & Strawberry Jam	4.00
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Freshly made Sandwiches (Gluten free option available)

Choose a Baguette or a Bagel add 80p Wraps add 50p	
Bacon or Sausage or Fried Egg	2.90
Bacon & Egg / Sausage & Egg	3.40
Bacon & Mushroom / Bacon & Sausage	3.90
Cheese Salad	4.20
BLT	4.40
Bacon & Cheddar Cheese	4.40
Bacon, Brie & Honey	4.40
Bacon, Brie & Grape	4.40
Tuna Mayo & Cucumber	4.50
Pesto, Feta, Tomato & Salad	4.50
Bacon & Chicken	4.70
Bacon, Pesto & Avocado	4.70
Bacon & Cornish Yarg Cheese	4.70
Chicken, Salad & Sweet Chilli Sauce	4.70
Smoked Salmon, Avocado & Salad	5.00
Prawn Salad	6.00
Fresh Local Crab (Check for availability)	7.50

Pancakes (Add another pancake for £1.40)

2 American Style Pancakes Topped with either Maple Syrup / Honey / Nutella / Lemon & Sugar	2.80
3 American Style Pancakes with 2 Bacon & Maple Syrup	5.00

Childs Menu

Childs Breakfast (Sausage, Egg, Beans, Toast)	3.20
Pasta with Tomato Sauce topped with Cheese	3.00
Baked Potato, topped with Cheese & Beans	3.00
Childs Platter (Ham, Cheese, Cucumber, Grapes, Cheese Crackers)	3.00
Cheese on Toast / Beans on Toast / Egg on Toast	2.00

Beverages (Soya Milk available)

Mug of Tea / Pot of Tea (per person)	1.20 / 1.50
Selection of Fruit & Herbal Tea	1.50
Fresh Coffee - Espresso / Americano / Flat White / Cappuccino / Latte / Mocha	2.00
Hot Chocolate topped with Cream & Marshmallows	2.20
Daisycino - Childs Frothy Milk, Whipped Cream & Choc Sprinkles	1.00
Milkshake - Strawberry / Raspberry / Chocolate / Vanilla / Banana	1.90
Homemade Smoothies - Mango, Orange & Banana / Red Berry	2.80
Glass of Apple / Orange Juice	1.20