

# BREAKFAST MENU



In order to reduce food miles, support the local economy and provide the freshest food possible we use local seasonal produce to create the majority of our dishes.

The fish on this menu was caught in Cornish waters and has not left the county once on its journey to your plate.

The meat we use is also sourced locally by a Cornish company and our fruit, vegetables and herbs are sourced from suppliers in Falmouth and Hayle.

Our dairy products are made locally by Cornish companies such as the famous Rodda & Son and Roskillys. We also serve a fine selection of Cornish cheeses.



Best Western Falmouth Beach Hotel Gyllyngvase Beach Seafront Falmouth, TR11 4NA  
Tel: 01326 310500 Fax: 01326 319147 [www.falmouthbeachhotel.co.uk](http://www.falmouthbeachhotel.co.uk)

# Breakfast Menu

Breakfast is served daily between 7.15 and 10.00am. We use semi-skimmed milk, but skimmed and soya milks are available with 24 hours notice. Soya margarine is also available.

Room service is available at a surcharge of £3.50 per order. If you have any special requirements or preferences please let your waiter or waitress know.

We have Traditional English Breakfast Tea, Earl Grey, Darjeeling and Herbal Infusion Teas or Freshly Brewed Filter Coffee.

We invite you to help yourself to any of the following from the buffet table:

Chilled Fruit Juice :

Orange, Apple & Tomato

Fresh Fruit Salad, Prunes, Apricots, Pink Grapefruit, Peach Slices Grapefruit Segments in Syrup

Fresh Fruit Basket

A selection of Fruit and Natural Yoghurts

A choice of Cereals including Branflakes, Weetabix, Sugar Puffs, Frosties, Fruit 'n' Fibre, Crunchy Nut Cornflakes, Rice Krispies, Cornflakes and Muesli

Porridge is available upon request

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A selection of Hams and Cornish Cheeses

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Traditional English Breakfast at the Hot Carvery:

Fried or Scrambled Eggs, Bacon, Sausages, Tomato, Mushrooms,

Hash Browns & Baked Beans

Boiled or Poached Eggs and Vegetarian Sausages all available upon request

Grilled Kippers or Poached Haddock available upon request

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Croissant, Danish Pastry, Brown or White Bread Rolls, Brown or White Toast

A selection of Preserves, Honey or Marmalade

