

# GOOD MORNING

*“When you wake up in the morning, Pooh,” said Piglet, “what’s the first thing you say to yourself?”*  
*“What’s for breakfast?” said Pooh. “What do you say, Piglet?”*  
*“I say, I wonder what’s going to happen exciting today?” said Piglet.*  
*Pooh nodded thoughtfully. “It’s the same thing,” he said.*  
A.A. Milne



**Please help yourself to our cold buffet selection.**  
**We will take your order for your choice of cooked breakfast, hot drink and toast.**

## FROM THE BUFFET

Chilled fruit juices, fresh cut fruit, cereals, seeds, fruit compote, mixed granola, a selection of yogurts, freshly baked pastries, preserves

## HOT DRINKS

Freshly brewed Owens Coffee  
English Breakfast, Earl Grey or Assam  
A choice of Twinings herbal and fruit infusions



**We are proud to use superb ingredients from local farmers, fishermen and producers, including:**

- Howells Butchers – Tavistock
- King Street Bakery - Tavistock
- Field Fresh – Carkeel
- Total Produce – Bodmin
- Country Cheeses – Tavistock
- Kingfisher Fisheries – Brixham
- Forest Produce – Honiton
- Dunn’s Dairy – Drewsteignton
- Devon Honey – Milton Abbot
- Black Dog Free Range Eggs - Crediton

## FROM THE KITCHEN

- Porridge**  
Devon Honey, Dunn’s Dairy clotted cream
- Breakfast Roll**  
Howells sausage, smoked back bacon or fried free-range egg in a homemade roll
- Full Devon Breakfast**  
Howells sausage, smoked back bacon, black pudding, sautéed potatoes, grilled tomato, field mushroom, baked beans, and your choice of fried, poached or scrambled free-range egg
- Vegetarian Breakfast**  
Vegetarian sausage, sautéed potatoes, grilled tomato, field mushroom, baked beans, and your choice of fried, poached or scrambled free-range egg
- Black Dog Free Range Eggs on Toast**  
Fried, poached or scrambled free-range eggs on white or wholemeal toast
- Eggs Benedict**  
The Bedford ham, poached egg, hollandaise sauce, soft muffin
- Eggs Royale**  
Smoked salmon, poached egg, hollandaise sauce, soft muffin
- Smashed Avocado on Toast**  
Grilled tomato, poached free-range egg, cress
- Local Cheese & Ham Plate**  
Cornish Davistow Mature Cheddar, The Bedford smoked ham, homemade bread roll



**Allergies and intolerances:**  
*Food items may contain allergens. If you have a food allergy or intolerance, please inform your server before placing your order. We are unable to 100% guarantee the absence of allergens in any dish.*  
*All cooked breakfast options can be adapted to gluten free on request.*  
*Soya, oat and almond milks are available.*

Breakfast is served:  
Monday to Friday 7:30am – 9:30am  
Saturday, Sunday, Bank Holidays 7:30am – 10am

Non-residents:  
Full breakfast including cold buffet and tea or coffee and toast £18  
Cold buffet including a choice of tea or coffee and toast £12