

THE GANNET CONTINENTAL

TO START FROM THE BUFFET

Yogurt Pot

Local Natural Yogurt, Coulis

Pastries

Cornish Ham

Cheese

Cereals

Whole or Semi-Skimmed Milk

Dried Fruit & Nuts

Muesli

Granola Pot

Local Yoghurt, Coulis

Fresh Fruit Salad

Sliced White or Wholegrain Bread for you to Toast

Chunky Gannet Orange Marmalade

Gannet Mixed Fruit Jam

Marmite

Nutella

HOT DRINKS

Freshly Ground Cornish Coffee

Cornish Smugglers Tea

Speciality Coffees

Supplement £2.00

FRESH FRUIT JUICE

Apple, Orange, Cranberry

GANNET SMOOTHIES

Strawberry, Banana, Raspberry, Mango, Kiwi, Blackberry

Supplement £4.95

THE GANNET WORKS

FROM THE KITCHEN

Creamed Porridge

Brown Sugar, Blueberries

Smoked Salmon & Cream Cheese Bagel

French Toast

Berries

Pancake Stack

Maple Syrup, Berries

Smoked Salmon & Scrambled Egg

Poached Eggs & Crisp Bacon

Gannet Smoked Haddock

Lemon Butter

Kernow Sausage

Fried Egg, Baked Beans

Bacon & Sausage Roll

Full Gannet

Egg (Fried, Scrambled or Poached), Bacon, Sausage, Tomato, Hog's Pudding, Apple & Mushrooms

Healthy Gannet

Lean Bacon, Poached Egg, Mushrooms, Tomato

Vegetarian Gannet

Egg (Fried, Scrambled or Poached), Mushrooms, Tomato, Toasted Muffin, Sauté New Potatoes

Eggs Benedict

Ham, Poached Egg, Toasted Muffin, Hollandaise



If you suffer from a food allergy or intolerance, please let your server know upon placing your order.