



BREAKFAST



1. **Brie slices melted over 3 slices of quality cornish back bacon, served with grilled tomatoes, poached egg & a slice of toast** £5.25
2. **Scrambled Egg on toast, grilled tomatoes, 2 slices of quality cornish back bacon served with either mushrooms or Heinz baked beans** (without bacon £4.75) £5.25
3. ENGLISH BREAKFAST
Poached or Fried Egg, 2 slices of quality cornish back bacon, 2 locally produced sausage, grilled tomatoes, slice of toast, served with either mushrooms or Heinz baked beans £5.25
4. **Fried Egg and Bacon/or Sausage Sandwich** £3.75
5. **Bacon Sandwich (4 slices of quality Cornish back bacon)** £3.45
6. VEGETARIAN BREAKFAST
Poached or Fried Egg, 2 Quorn Vegetarian sausages, grilled tomatoes, mushrooms, Heinz baked beans & a slice of toast £5.25
7. **Fried Egg and Quorn sausage Sandwich** £3.75
8. **Heinz baked beans on toast with either fried or poached egg** £3.55
9. **Breakfast Panini hot sandwich** *scrambled egg, cheddar cheese & bacon* £4.25
 without bacon £3.90
10. **Continental Breakfast** *croissant, hot Italian bread, butter, preserves and either a pot of tea, cup of ground coffee or a glass of orange juice* £4.00
11. **Scott's Porage Oats and Toast** £4.00
made to your liking with a choice of accompaniments (cream, golden syrup, maple syrup, honey, raisins, toasted hazelnuts or salt). Served with a round of toast & preserves

Gluten free bread and soya spread available

The eggs we use are free range

Extra portions of any of the above, 90p

Vegetarian items are cooked separately from meat products



The ingredients we use at Wyldes are carefully selected for their taste, freshness and quality.

We are proud to promote Cornish and West Country ingredients and are keen on using home-grown produce as much as possible because of the quality and wonderful ingredients we have on our doorstep - not to mention the vital role we can play in supporting our farmers and growers.

All our milk, cream and clotted cream is produced by *Bradley's Dairy*, Delabole from their Assured farm herd of Jersey cows. Butter portions and crème fraiche comes from *Trewithen Farm Dairy*.

Oxenpark Farm, near Bude who are 'farm assured' and operate to the highest welfare standards, supply us with our lamb and Aberdeen Angus beef.

From Stithians, just outside Truro, we are supplied mushrooms by *Tregonning Mushrooms* and also from just outside Truro, free-range eggs from *Colin Carter*.

Cornish bottled spring water from the heart of the county is supplied by *Just Water* from their farm near Bodmin and our delicious apple juices and wild flower pressés comes from *Cornish Orchards*, near Liskeard.

Our Brie and Gevrik goats cheeses come from *Cornish Country Larder* and our Cornish Blue cheese comes from *Cornish Blue*.

May's Meats in Tintagel supply us with their Gold Award Winning sausages and the *Cornish Farmhuse Bacon Company* supply us with our cooked ham and bacon, sourcing all pigs from their own and surrounding farms.

The smoked salmon and mackerel we serve you comes from *West Country Smokehouses*.