



## **Breakfast** Served Until 11:30am

### **Muddy Beach Breakfast**

Cornish Primrose Herd Sausage/Bacon/Hog's Pudding/Garlic Mushrooms/Grilled Tomato/Baked Beans/Parmentier & Rosemary Potatoes/St Ewe Fried Egg/Grilled Da Bara Sourdough Toast **9.75**

### **Vegan Breakfast Bowl**

Scrambled Tofu/Baked Beans/Garlic Mushrooms/Grilled Tomato/Wilted Spinach/Parmentier & Rosemary Potatoes/ Grilled Da Bara Sourdough Toast **8.50** (vegan)

### **Veggie Breakfast Bowl**

Glamorgan Sausage/Parmentier & Rosemary Potatoes/Baked Beans/Garlic Mushrooms/St Ewe Fried Egg/Grilled Tomato/Wilted Spinach/Da Bara Sourdough Toast **9** (v)

### **Breakfast Wrap**

Scrambled Egg/Sausage/Bacon/Mushrooms/Hog's Pudding/Ketchup **9**

### **Chorizo Hash**

Chunky Potatoes/Slow Cooked Chorizo/Chickpeas/Spinach/Tomatoes/2 St Ewe Poached Eggs/Spices/Chilli Oil **9.75**

### **Veggie Hash**

Chunky Potatoes/Slow Roasted Local Squash/Chickpeas/Spinach/Tomatoes/2 St Ewe Poached Eggs/Spices/Chilli Oil **9.75** (v)

### **Sautéed Garlic Mushrooms**

Spinach/Grilled Cornish Yarg/Da Bara Sourdough Toast **7** (v)

### **Cornish Free Range Eggs**

Scrambled/Poached/Fried **5.25** (v)

### **Heinz Baked Beans**

Da Bara Sourdough Toast **5** (vegan)

### **Breakfast Bap**

Bacon Or Sausage Or Veggie Sausage, Homemade Ketchup **6**

### **Mini Muddy**

Cornish Primrose Herd Sausage/Beans/Fried St Ewe Egg/Da Bara Sourdough Toast **5.50**

### **Da Bara Toast & Butter**

Butter Rich Pain De Mie, Sourdough Or Wholemeal **3**  
(Add Marmite/Strawberry Jam/Seville Orange Marmalade/Blossom Honey 50p)

**Extras:** Sausage**1.80**Bacon**1.80**Spinach**1.80**Beans**1.25**Potatoes**1.50**  
Mushrooms**1.25**Tomatoes**1.25**Cut Up Sausage For Your Dog**1.80**

**Food allergies & intolerances** -The kitchen cooks with all listed allergens so we cannot guarantee that there has not been any cross-contamination.

*Please talk with a member of staff before ordering.*