

# BREAKFAST

(Served 10am until noon)

## Bagels

### Smoked Salmon & Cream Cheese Bagel - £5.95

Toasted bagel with smoked salmon, cream cheese, cracked black pepper

### Avocado & Parmaham Bagel - £5.95

Toasted bagel topped with Parmaham, avocado, cracked black pepper

### Avocado & Rocket Bagel - £4.95

Toasted bagel topped with avocado, rocket, cracked black pepper

### Cheese & Ham Bagel - £4.95

Toasted bagel filled with Butcher's ham & Davidstow cheddar

### Cheese Bagel - £3.95

Toasted bagel filled with Davidstow cheddar

### Peanut Butter & Jelly Bagel - £3.95

Toasted bagel served with Roskilly's Farmhouse Jam, and the choice of either peanut butter or Rodda's Cornish butter

## Breakfast Waffles

### Sweet Chocolate Waffles - £4.95

2 warm Belgian waffles, sliced banana, a dollop of nutella & maple syrup

### Blueberries n' Cream Waffles - £4.95

2 warm Belgian waffles, fresh blueberries, sliced banana, Rodda's clotted cream and maple syrup

### Fruit n' Yoghurt Waffles - £4.95

2 warm Belgian waffles, fresh blueberries, sliced banana, Greek Yoghurt and maple syrup

# BREAKFAST

(Served 10am until noon)

## Acai Bowls

ALL BOWLS AVAILABLE GLUTEN FREE IF REQUIRED

### **Bombora Bowl - £5.95**

Frozen acai, blueberries, & banana blended with apple juice, topped with crunchy granola, sliced banana, coconut flakes, fresh blueberries, crushed hazelnuts, natural yoghurt, a dollop of peanut butter, & honey

### **Banzai Bowl - £5.95**

Frozen acai, blueberries, & banana blended with apple juice, topped with crunchy granola, sliced banana, chocolate chips, fresh blueberries, natural yoghurt, a dollop of peanut butter & honey

### **Beachy Bowl - £5.95 (dairy & peanut free)**

Frozen acai, blueberries, & banana blended with apple juice, topped with crunchy granola, sliced banana, coconut flakes, chia seeds, flax seeds, Bee pollen & honey

### **The Grom Bowl - £4.95**

Frozen acai & banana blended with apple juice, served in a bowl & topped with crunchy granola, sliced banana, natural yoghurt, & honey

### **Granola Bowl - £3.95**

Crunchy Granola topped with natural yoghurt, sliced banana, dried blueberries and honey

## Breakfast Smoothies

### **Surf's up - £3.95**

Banana, peanut butter, porridge oats, chia seeds, natural yoghurt, coconut flakes, & honey all blended up with milk

### **Morning Malibu - £3.95**

Acai Berry, banana, porridge oats, chia seeds, coconut flakes & Bee pollen

**Orange/Apple Juice (not from concentrate) - £1.95**