



Breakfast at Stratton Gardens

Breakfast is served between

08:30 - 09:30

Breakfasts can be arranged earlier on request

Please help yourself to:

Cornish apple or orange juice, cereal, muesli, fresh fruit salad,
spiced fruit compôte and natural yoghurt.



The Full Cornish

Two rashers of Cornish drycure back bacon

A handmade chunky Cornish pork sausage*

Field mushroom & Grilled tomato

Baked beans

Local Free Range Egg

fried, scrambled, poached or boiled

**Vegetarian or gluten-free sausages are available*

Or select from a range of lighter options:

Poached egg and grilled bacon served on a
lightly toasted & buttered English muffin



Scrambled eggs with smoked salmon on buttered toast or muffin



Cornish oak smoked mackerel with grilled tomato and mushroom



Creamy porridge with Cornish honey, maple syrup or
Demerara sugar



Banana & cinnamon porridge with seasonal berries

Accompanied by:

Toasted homemade breads, homemade marmalade,
Cornish honey, Cornish preserves or marmite



Freshly brewed Coffee or Tea

A range of speciality teas is available

Your breakfast is freshly cooked to order!



**IF YOU HAVE ANY FOOD ALLERGIES PLEASE
DISCUSS THESE WITH US BEFORE YOU ORDER**



Breakfast at Stratton Gardens

The Search for the Perfect Cornish Breakfast!

The lovely, cloudy **Cornish apple juice** is hand pressed by Kerensa Aval (‘Apple Friendship’ in Cornwall) a group of apple growers based in South-East Cornwall. Our breakfast juice is a blend of traditional Cornish apple varieties with definitely no preservatives, colouring, sugar or sweeteners.

Our delicious **bacon** and handmade **sausages** come from happy, outdoor, rare breed pigs that forage on the edge of Bodmin Moor and are truly free range. Our sausages are made with high quality pork and fresh ground spices filled into natural casings. The bacon is dry cured using salts and natural sweeteners, molasses and coriander.

Our very fresh, very local, **free range eggs** are laid by Tilly’s Copper Maran and Light Sussex hens who live in hen heaven just down the hill from us roaming around Tilly & Ben’s smallholding. When these hens cannot keep up with our demand, we also use free range eggs either from Tilly’s Dad’s farm or from Ventonwyn farm, St Ewe, Tregony.

Tregida Traditional Cornish Smokehouse near Camelford supply our tasty **Cornish oak smoked mackerel**. At Tregida all products are hand made from start to finish. Original smoking apparatus and techniques are used to produce, what we’re sure you’ll agree, is an authentic, tasty and succulent end product. No artificial additives or flavourings just sea salt and oak – Jan’s favourite!

Our high quality, creamy **Cornish butter** is from Trewithen Farm, a family run dairy at Lostwithiel where happy, healthy cows are fed a nutritious diet of lush Cornish grass and live a stress-free, comfortable life.

We source our **milk** from Rodda’s dairy at Scorrier, Redruth, where high levels of animal welfare ensure rich, full-flavoured milk of exceptional quality. We also use Bradley’s Farm Dairy at Delabole on the North Cornish Coast. The Sheltonvale herd of pedigree Holstein Friesian dairy cows graze all summer in fields 800ft above sea level, overlooking one of the most rugged and spectacular coastlines in the country. Lucky cows!

You will probably smell our freshly baked white and wholemeal bread that is homemade by Liz in our own kitchen – as is our marmalade! Yummy!

We are delighted that our tasty breakfasts have been recognised with a Breakfast Award by Enjoy England, and we have been selected as verified members of the Real Cornish Breakfast Campaign, part of Choose Cornish.

Stratton Gardens



In partnership with
Visit Cornwall
Cornwall Food & Drink

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