Above The Bay
FALMOUTH

ABOVE THE BAY BREAKFAST MENU

BREAKFASTS

ON MALTED OR WHITE TOAST

FULL CORNISH **12.75**
Bacon, sausage, hogs pudding, hashbrowns, eggs, mushroom, tomatoes and beans (wg,e,su)

VEGGIE BREAKFAST **12.75**
Veggie sausages, tomatoes, mushrooms, hashbrowns, eggs and beans (v,e,su,wg)

SMOKED SALMON MUFFIN **14**
Cream cheese capers, lemon olive oil (wg,m,f,su)

SMOKED MACKEREL FISHCAKE **12**
Bacon, poach egg, lemon butter (f,e,m,su)

HOMEMADE BUTTER BEANS **10**
In tomato sauce, on herb toast (wg)

FREE RANGE 3-EGG OMELETTE **10**
Mature cheddar, cherry tomatoes (e,m)
add ham 2

SMASHED AVOCADO **10**
2 poached eggs on focaccia (e,wg)

WAFFLES **10**
Fresh berries, clotted cream, spicy honey (wg,m,e)

NATURAL YOGHURT **7**
Fresh fruit & granola (m,wg)

PORRIDGE **6.50**
Homemade berry compote (m,wg)

TOASTED TEA CAKE **4**
Butter and jam (wg,su)

SANDWICHES

ON MALTED OR WHITE BREAD OR ON A BAP

GOLFERS SANDWICH **10.5**
Bacon, sausage, fried egg (wg,e,su)

SAUSAGE SANDWICH **7.5**
(wg,su)

BACON SANDWICH **7**
(su)

EXTRAS

BACON **1.5**
(su)

SAUSAGE **1.5**
(wg,su)

HASH BROWN **0.75**
(su)

HOGS PUDDING **0.80**
(e)

EGG **0.75**
(e)

Allergen Key:
wg – wheat gluten | m – milk | e – egg | su – sulphites | mu – mustard | f – fish | mo – mollusc
cr – crustacean | ve – vegan | v – vegetarian | n - nuts | tn - tree nuts