







# BREAKFAST





## BREAKFAST BAPS

Cornish Pork Sausage	£8.00
St Ewe Fried Egg & Field Mushroom  	£8.00
Unsmoked Back Bacon 	£8.00
Moving Mountain Plant Based Sausage 	£8.00





## FULL BREAKFASTS

Full Cornish 	£13.95
Grilled back bacon, pork sausage, crispy potato, baked beans, St Ewe scrambled egg, field mushroom, granary toast & Cornish hogs pudding	
Vegetarian Breakfast 	£12.00
Plant based sausages, crispy potato, grilled plum tomato, baked beans, field mushroom, St Ewe scrambled egg & granary toast	

## BREAKFAST MUFFINS

Eggs Royale 	£12.00
Sliced smoked salmon, poached eggs & creamy hollandaise sauce on a toasted breakfast muffin	
Eggs Florentine  	£10.00
Wilted spinach, poached eggs & creamy hollandaise sauce on a toasted breakfast muffin	
Eggs Benedict 	£11.00
Ham, poached eggs & creamy hollandaise sauce on a toasted breakfast muffin	

## JUNIORS

Heinz Baked Beans  	£6.00
On granary toast	
Baked All Butter Croissant 	£3.00
Healeys Strawberry Jam	
Bakery Toast 	£4.00
Choose either granary or sourdough served with Cornish butter & Healeys Jam	

 = non gluten containing ingredients

 = gluten free option available

 = vegan  = vegetarian

Please note we use wheat, eggs, nuts, dairy, & seeds in our kitchen. Every ingredient on each dish may not be listed. Any allergies, please make your server aware.

Find the highlighted Healeys produce that inspire and make up the heart of our recipes here at Gylly!

# gylly beach

eat · drink · play



## HOT DRINKS

Black / White Coffee		£2.90
Flat White		£3.50
Cappuccino		£3.20
Latte		£3.20
Espresso		£2.50
Doppio Espresso		£2.90
Mocha		£3.50
Babyccino		£1.00
Hot Chocolate	Kids £3.00	£3.60
Hot Chocolate With Cream	Kids £3.20	£3.80
The Deluxe	Kids £3.50	£4.00
Hot chocolate, cream & marshmallows		

## TEAPOTS

Breakfast Tea	£2.50
Earl Grey / Decaf	£2.50
Speciality Tea	£2.80
Three Mint, Matcha Green, Lemongrass & Ginger, Chamomile or Berry	

## SOFT DRINKS

Healeys Cornish Avalade	£3.00
Cloudy Lemonade, Elderflower Presse, Pink Lemonade, Cornish Apple or Ginger Beer	
Healeys Cornish Apple Juice	£3.00
Apple / Orange Juice Carton	£1.20
Cornish Water	Small £2.20 Large £3.50
Sparkling or Still	
Fresh Orange Juice	£3.80
Fruit Juice	£3.20
Pineapple, Pink Grapefruit, Orange, Tomato or Cranberry	
Navas Garden Tonic	£2.30
Coke / Diet Coke	Glass bottle £3.00