



THE IDLE ROCKS

ST MAWES

BREAKFAST

'Myttin Da' . Welcome to Breakfast at The Idle Rocks

Please help yourself to today's selection of fresh juices or indulge in the Reef Knot Bloody Mary bar. If you prefer to start your day with a speciality barista coffee, a Tregothnan Cornish Breakfast Tea or a gentle herbal infusion, please just ask one of the team

COOKED BREAKFAST

CORNISH

St Mawes Hens Free Range Eggs - *your way*
Primrose Herd Slow Reared Bacon, Sausage and Hogs Pudding
Roasted Tomato . Field Mushroom . Rosti Potato

VEGAN

Scrambled Tofu & Vegan Sausage
Wilted Cornish Kale . Beans . Roasted Tomato
Field Mushroom . Rosti Potato

MACKEREL

Line Caught Local Mackerel
Pressed Sushi Rice . Green Onion, Cucumber & Chilli Salsa . Fresh Lime
served with an energising Ginger Shot

AVOCADO

Da Bara Croissant
Smashed Avocado . St Mawes Poached Egg . Parmigiano Reggiano . Rocket
to add St Ives Smoked Salmon . just ask

FRENCH TOAST

Brioche soaked in Crème Anglaise
baked & topped with your choice of
Primrose Herd Slow Reared Bacon and Maple Syrup
or Bruleed with Seasonal Berries

CONTINENTAL BREAKFAST

Please feel free to indulge in today's Idle Breakfast Buffet with a selection of, amongst other delicious produce; Da Bara breads & pastries, yoghurt & berries, fresh fruit & honey and our Reef Knot Granola to create your very own bespoke breakfast overlooking the harbour here in St Mawes

Please let us know of any allergies, we'll have just the thing to kickstart your day the right way

*Due to the nature of our kitchen we are unable to guarantee any food to be allergen free
We will, of course, make every effort to cater for individual allergies
Please talk to a team member for more information regarding your dietary or allergy requirements*

Dine tonight?

Whilst we're on the subject of food, why not get supper sorted for this evening in the Reef Knot Restaurant here at The Idle Rocks to discover the best of the seasons from our Cornish farms, fields & waters. Please speak to a team member or scan the QR code to book

