

# -BREAKFAST-

Please help yourself to our continental table, included in our bed and breakfast packages.  
Hot dishes are prepared fresh to order from the kitchen and served at your table.

## drinks

### Hot Drinks

Fresh coffee • Teas • Infusions

### Fruit Juice

Apple *94 kcal* • Cranberry *101 kcal* • Freshly squeezed orange *85 kcal*

### Speciality Coffee

Espresso *9 kcal* 3.25 • Double espresso *18 kcal* 4.25 • Americano *9 kcal* 4.25  
Cappuccino *62 kcal* 4.75 • Latte *56 kcal* 4.75 • Flat white *95 kcal* 4.75 • Cortado *38 kcal* 3.5

### Morning Beverages

Bucks Fizz 9 • Moët & Chandon Impérial, Brut NV (*125ml*) 12.5  
Bloody Mary 11 • Wild Idol Non-Alcoholic Sparkling Rosé (*125ml*) 10

## on toast £10 per dish

*Choose From: malted brown, white bloomer, sourdough or gluten-free toast*

**Sautéed Mushrooms**, soya cream, thyme butter **VG, GFA** *417 kcal*

**Two Poached Eggs**, crushed peas, broad beans, lemon **V, GFA** *437 kcal*

**Coconut & Oat French Toast**, raspberry chia jam, blueberries, maple **V, GFA** *549 kcal*

**Eggs Any Style**, two hen's eggs, poached, boiled, scrambled or fried **GFA** *116 kcal per 100g*

## from the kitchen £10 per dish

**Eggs Benedict** *693 kcal* • **Eggs Royale** *734 kcal* • **Eggs Florentine** **V** *467 kcal*

**Spinach & Ricotta Soufflé Omelette**, chives, shallots and watercress **V, GFA** *429 kcal*

**Sausage & Egg Morning Brioche**, cumberland sausage patty, fried egg, cheese and hash browns  
stacked in a toasted brioche *617 kcal*

**Pancakes**, served with bacon and maple syrup *383 kcal* or berries and coconut yoghurt **V** *231 kcal*

**Harbour Full English**, sausage, back bacon, black pudding, tomato, mushrooms, bubble and squeak,  
baked beans and eggs your way **GFA** *609 kcal*

**Vegetarian English**, vegetarian sausage, tomato, mushrooms, bubble and squeak, baked beans  
and scrambled eggs **V, GFA** *761 kcal*

**V** vegetarian • **VG** vegan • **GFA** gluten-free available

 @foweyharbourhotel

If you are concerned about any food allergies or dietary requirements please speak to a member of the team who would be delighted to assist. Adults require approximately 2000 kcal per day.  
All prices are inclusive of VAT

# HARBOUR

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KITCHEN, BAR & TERRACE