

Cooked

FULL TIDE: Enjoy eggs cooked any way you like, paired with treacle-cured streaky bacon and locally sourced sausages. Accompanied by vine-ripened tomatoes, homemade beans, and sautéed mushrooms, all served on a slice of toasted sourdough.

FULL TIDE £14 - HALF TIDE £8

Cornish Seaweed Rosti Mushroom & Poached Egg (V):

Indulge in the star of the dish - a perfectly poached egg, resting atop a crisp Cornish Seaweed Rosti. Paired with a hearty portobello mushroom and a slice of toasted sourdough.

- £12 -

Cornish Seaweed Rosti Beans & Mushroom (PB):

Enjoy the unique flavours of our Cornish Seaweed Rosti, paired with a hearty portobello mushroom and our homemade beans with a slice of toasted sourdough.

- £12 -

Extra breakfast items:

Sausage £2.50 | Bacon £2 | Mushrooms £1.25
Beans £1.25 | Tomatoes £1.25 | Toast £2 | 2 Eggs £2

Pancakes

Indulge in a stack of fluffy, golden pancakes.

Treacle Cured Streaky Bacon:

With maple mascarpone.

- £10 -

Belgian Chocolate:

With banana and Osea honey.

- £10 -

Mixed Berries:

With maple mascarpone.

- £10 -

Healthy Option

Overnight Oats: Start your day with a wholesome and delicious bowl of overnight oats. Soaked in creamy almond milk and sweetened with a touch of honey. Choose from the following:

Maple Chia Seeds & Granola - £6

Chocolate & Banana - £6.50

Mixed Berries - £6.50

Eggs

- ANY WAY -

Eggs Royale: Indulge in our exquisite Eggs Royale, featuring layers of smoked salmon, delicate seaweed, and fresh spinach. Topped with a perfectly poached egg and drizzled with velvety Hollandaise sauce, all served on a toasted English muffin.

- £12 -

Eggs Benedict: Savour our decadent Eggs Benedict, featuring treacle-cured streaky bacon, adding a touch of sweetness. Topped with a perfectly poached egg, drizzled with our rich, creamy Hollandaise sauce, served on a toasted English muffin.

- £12 -

Avocado on Toast (V): Experience the perfect blend of creamy avocado and a perfectly poached egg, served on a slice of toasted sourdough. This dish is seasoned with a sprinkle of sea salt, cracked black pepper, and a dash of chilli flakes for a hint of heat.

Add smoked salmon £2. Add Bacon £2

- £11 -

Samphire Egg Hollandaise (V): Delight in our Samphire Egg Hollandaise, featuring fresh, tender samphire paired with a perfectly poached egg. Drizzled with our rich, creamy Hollandaise sauce and served on a slice of toasted sourdough, this dish offers a unique coastal twist on a brunch classic.

- £12 -

Smoothies

Nutritious and vitamin boosting.

BIG 5:

Pineapple, mango, strawberry, kiwi and apple juice.

- £6 -

Blueberry Thrill:

Banana, blueberry, raspberry, flaxseeds and apple juice.

- £6 -

Berry Go Round:

Strawberry, blackberry, raspberry and apple juice.

- £6 -

Spinach To Win It:

Broccoli, mango, banana, pineapple, spinach, cucumber and apple juice.

- £6 -

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VEGAN, VEGETARIAN,
GLUTEN-FREE & PLANT BASED
OPTIONS AVAILABLE
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OSEA  VIEW

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A SELECTION OF
HOMEMADE CAKES AND
BAKES AVAILABLE
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