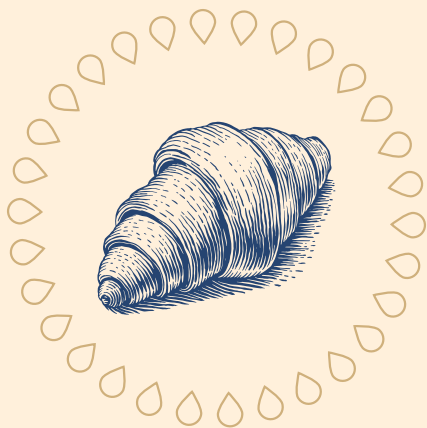




## RISE TO SOMETHING SPECIAL

*Mornings at The Blue Room begin with perfectly cooked eggs,  
rich in flavour, alongside cold-smoked kippers – a nod  
to the heritage of coastal smokehouses.  
Vibrant seasonal fruits add balance, freshness and colour  
to the table, for a breakfast as bright and uplifting  
as your day ahead.*



## BREAKFAST DRINKS

### Virgin Bellini

An alcohol-free take on the classic Bellini, with peach juice infused with boisterous fruit-flower aromas and white grape essence.  
83kcal

### Apple Juice **VE**

36kcal

### Orange Juice **VE**

18kcal

## MORNING TABLE

### Pastries **V**

Cinnamon swirl and croissant plate.  
Served with strawberry jam  
and Cornish butter.  
684kcal

### Fresh Fruit Bowl **V**

Served with thick Greek-style yoghurt,  
fresh watermelon, seasonal berries,  
and delicate edible flowers.  
104kcal

### Baked Granola Bowl **V**

Oven-baked fruit granola with thick Greek-style  
yoghurt, a medley of fresh berries,  
and a drizzle of golden honey.  
476kcal

### Smoothie Bowl **VE**

Passion fruit, finished with a coconut sauce,  
topped with toasted pumpkin seeds,  
desiccated coconut and seasonal berries.  
146kcal

*Non-residents indulge in a 3-course dining experience for £15.95 per person.*

## SIGNATURE DISHES

### **Black Pudding & Potato Hash**

Crisp potato and rich black pudding, with sweet onion purée, a free-range fried egg, and a splash of HP sauce.  
870kcal

### **Full English Breakfast**

Cumberland sausage, back bacon, baked beans, roasted tomato with rosemary salt, hash brown, mushroom, black pudding and your choice of egg:  
fried 1,356kcal | scrambled 1,281kcal | poached 1,192kcal

### **Vegetarian Breakfast V**

Vegetarian sausage, sautéed spinach, baked beans, roasted tomato with rosemary salt, hash brown, mushroom and your choice of egg:  
fried 1,253kcal | scrambled 1,032kcal | poached 942kcal

### **Smoked Kipper Kedgeree\***

Cold-smoked kipper with curry-spiced rice, coconut curry sauce, poached free-range egg, and fresh coriander.  
805kcal

### **Eggs Benedict**

Toasted English muffin layered with pulled ham and wilted spinach, topped with silky hollandaise and a perfectly poached egg.  
432kcal

\*May contain bones and fish bones  
V Suitable for vegetarians VE Suitable for vegans

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## Food allergy or intolerance?

Adults need around 2,000kcal a day

We take great care to prevent cross-contamination when preparing your food and drink, however, please be aware that all our dishes are prepared in kitchens and bars where all known allergens are present and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. As we use other foods containing gluten in our kitchens and bars we cannot declare or guarantee that any of our dishes are gluten free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. If you have a food allergy or intolerance, or just want more detail about the ingredients in our food and drinks including calories – please let our team know or scan the QR code to find out more.

BLUE ROOM BREAKFAST 2025

