



THE ATLANTIC
NEW POLZEATH

Breakfast

Atlantic fry up	14
Sausage, free range eggs, smoked streaky bacon, tomato, mushrooms, sourdough toast & baked beans	
Smoked salmon	12
Poached eggs, sourdough toast, rocket and lemon dressing	
Avocado on toast	11
Poached egg, hazelnut dukkah, rocket	
Bacon sandwich	9
Rocket, lemon aioli	
Pancakes	9
Poached blueberries, smoked streaky bacon, maple syrup	
Porridge	6.5
Roasted pears, sticky walnuts	
Toast	3.5
Da Bara sourdough toast with jam & marmalade	

Drinks

Americano	3.5	English breakfast tea	3.5
Latte	3.7	Decaf English breakfast tea	3.5
Cappuccino	3.7	Camomile	3.5
Flat white	4	Fresh mint	3
Mocha	3.5	Berry & hibiscus	3.5
Double espresso	3.5	Earl Grey	3.5
Double espresso macchiato	3.7		
Espresso con panna	3.7	Hot chocolate	3
Extra shot	0.5	Ultimate hot chocolate (Cream, marshmallows)	5