



**THE ATLANTIC**  
NEW POLZEATH

**Breakfast menu**

<b>Atlantic Fry Up</b>	13
Sausage, free range eggs, smoked streaky bacon, tomato, mushrooms sourdough toast & baked beans	
<b>Vegan Fry Up</b>	12
Vegan sausages, avocado, tomato, mushrooms, baked beans & toast	
<b>Smoked Salmon</b>	12
Poached eggs, smoked salmon, sourdough toast, rocket & lemon	
<b>Smashed Avocado Croissant</b>	11
Toasted croissant, smashed avocado, rocket, parmesan & poached egg Make it vegan: swap the poached egg for mushrooms	
<b>Bacon Sandwich</b>	9
Smoked streaky bacon, rocket & lemon aioli	
<b>Pancake Stack</b>	9
Fluffy pancakes, poached blueberries, smoked streaky bacon & maple syrup	
<b>Vanilla Almond and Raspberry Bircher</b>	6.5
Overnight oats with vanilla, almond and raspberry (ve available)	
<b>Sourdough Toast</b>	3.5
Da Bara sourdough toast with jam and marmalade (ve available)	
<b>Da Bara Pastries</b>	
Cinnamon roll	5.5
Pain au Chocolat	5.5
Almond Croissant	6