

What's
Food & drink

It's Breakfast Week! So here's some ideas



● Chef Ricky Fox makes the breakfasts and Lee Trehwela, below, shovels it in.

6 Six of the best brekkies

TO CELEBRATE Breakfast Week which runs until **Saturday, January 30**, kick-start your morning with a **delicious breakfast from one of these six Cornish restaurants.**

Smokey Joe's

The family-run business at Scorrier, Redruth, has been going for over 50 years. Named after the original owner, the roadside café is renowned for its famous breakfasts. Set menu, no changes, if you're really peckish, try the Hungrymans – you get two of all the best bits.

Godolphin Arms

If you're visiting this family-owned beachside inn in Penzance, order the California Benedict – a spin on the tradition recipe, they add a slice of turkey and a creamy avocado. Plus, if you sit outside, you will take in one of the best views of St Michael's Mount there is.

Good Vibes Café

A firm favourite is Falmouth for using local produce, with a chilled-out ambience and rustic décor, the cafe serves delicious breakfast favourites right through until brunch. The vegetarian breakfast and scrambled eggs with smoked salmon is a winner. Follow them on Instagram for a taste of what's on the menu.

Woodlands Country House

Just a 15 minute walk from Padstow harbour, this award-winning B&B is well known for its breakfasts. Made in his Cornish kitchen, owner Hugo Woolley makes his own range of muesli and granola breakfast cereal packed with fruit, nuts, seeds and Cornish oats and honey which you can enjoy at the country house or even buy online.

Porthminster Café

The award-winning restaurant is sat right on the St Ives beach and is open all year round. Enjoy a cup of coffee from the St Ives Small Batch Coffee Roasting Company and a breakfast of eggs on sourdough toast, with a side of homemade potato hash.

Fifteen Cornwall

Over-looking the beach at Watergate Bay in Newquay, Jamie Oliver's Cornish restaurant is a great place to visit for a morning treat. The grilled kipper on toast with seaweed butter is delicious or why not try the eggy bread with pancetta and maple syrup for something sweet.

Fry-up is a golden gem



WHEN you think of going for a Friday fry-up, the first thing that comes to mind may not be Cornwall Gold.

But tucked away just off the A30 in Redruth, it truly is quite the hidden gem.

It's Cornish Pantry Restaurant, situated across the 18 acres of beautifully landscaped grounds, serve up a delicious breakfast menu compiled of all your morning must-have meals, from a good ol' English fry-up to bubble and squeak or scrambled eggs with smoked salmon.

You will leave feeling delightfully satisfied, not least because of the lovely service from head chef Ricky Fox and his charming team which only contribute to the relaxed restaurant atmosphere.

I opted for the Eggs Benedict; two perfectly poached eggs, sat on top of a

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lightly-toasted breakfast muffin with crispy bacon and covered in a golden Cornish coating of homemade hollandaise sauce, while my fellow team members both devoured The Full Cornish Breakfast.

The ideal choice for all those with an insatiable appetite, the generous nine-item dish is served in a giant miner's shovel piled high with fry-up favourites including fried bread, hash browns and back bacon, and placed on top of a rustic wooden board.

Making talk of the table, don't allow this novel presentation to fool you

however – the portion sizes are generous and throw in a side of toast, your brain and belly will be fighting to finish your tasty trowel.

The breakfast menu is served until 11.30am but you can always get that fry-up fix as the Full Cornish is served all day.

So you may feel you are already familiar with the landmark that makes the Cornish bucket list of tourist attractions but mistakenly, Cornwall Gold is not just a one-time coach stop.

Not only does it deserve recognition for being the last remaining tin mine in Europe, Tolgus Tin Mill (the only original working example left in the country) is steeped in history and provides the tin which contributes to the Tolgus Collection – a combination of tin and silver used to create a range of beautifully crafted jewellery which you

can admire and treat yourself to on site.

Alongside the restaurant which serves everything from breakfast, Cornish pasties and slices of mouth-watering cakes, sits Cornwall Pearl – the largest collection of pearls in Cornwall, Simple Cornish Hampers which is perfect for Cornish produce and there are plenty of family attractions including Crazy Golf, The Bear Works (Cornwall's take on Build A Bear) and kids can get crafty with Create And Paint Pottery.

One black coffee and two cups of tea later, I think the silence on our table spoke volumes but when we did momentarily pause in between bites, What's On editor Lee Trehwela couldn't have described it better than "One of the best breakfasts I've had in a long time."

It really is a little Cornish gold mine.

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