

Breakfast menu

(Served Mon – Fri 7.00am – 10.00am / Sat & Sun 8.00am – 10.00am)

Good morning, Bore da

Please choose from the options below:

Beverages

Coffee
Apple juice
Cranberry Juice
Orange Juice

Tea
*Welsh brew, English breakfast, Decaf, Earl grey,
Peppermint, Camomile, Green tea, Lemon & ginger,
Rooibos red bush, Strawberry & raspberry*

Cereals, fruits & yoghurt

Cornflakes [C]	Granola
Weetabix [C]	Coco Pops
Bran Flakes	Muesli

Fresh fruit salad [C]
Natural style yoghurt [C]

Toast

White or wholemeal [C]

Hot breakfast options

Traditional English

Back bacon, local pork sausage, baked beans, mushrooms, hash brown, eggs the way you like them

Traditional Welsh

Back bacon, black pudding, hash brown, cockle & laver bread croquette, baked beans, eggs the way you like them

Vegetarian

Glamorgan sausages, hash brown, mushrooms, baked beans, tomato salsa, eggs the way you like them [V]

Vegan

Sausage, mushrooms, baked beans, hash brown, avocado & tomato salsa [VG]

Continental

Large butter croissant or Pain au raisin

Bacon or sausage butty

White, wholemeal or granary bread

Naturally smoked haddock

Poached eggs, lemon wedge, butter & parsley sauce

Poached, scrambled

Fried eggs or beans on toast (White, wholemeal or granary bread)

Poached eggs Benedict

Homecooked ham, toasted muffin, Hollandaise sauce

Poached eggs & crushed avocado

Toasted muffin, tomato salsa, pesto

American buttermilk pancakes

Crispy bacon & maple syrup or Chocolate & fresh strawberries

Buffet Only or Hot breakfast Only - £15.00

Hot Breakfast & Buffet - £18.00

Please ask a member of the team if you have any dietary requirements as some dishes require adjustment

[C] – Can be suitable for coeliacs [V] – Can be suitable for vegetarians

[VG] – Can be suitable for vegans [D] – Can be suitable for dairy free

If you require further information regarding the list of allergens, a separate menu is available. All items are prepared with care on the premises where allergens are also used.