



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

Tea

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

Apple juice

Cranberry juice

Orange juice

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

Porridge

Served with sugar, honey, golden or maple syrup

Traditional English

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

Vegetarian

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

Continental

Large buttered croissant, pain au raisin

Bacon or sausage butty

White or wholemeal [C]

Naturally smoked haddock

Poached eggs, lemon wedge, butter & parsley sauce [C]

Poached, scrambled, fried eggs or beans on toast

White or wholemeal [C][V]

Poached eggs benedict

Home cooked ham, toasted muffin, Hollandaise sauce

Poached eggs & crushed avocado

Toasted muffin, tomato salsa, basil oil [C][V]

Thank you, enjoy your breakfast / Diolch yn fawr, mwynhewch eich brecwast

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.

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