

Breakfast Menu

(Served Monday – Friday 7am – 10am / Saturday -Sunday 8am – 10am)

Good morning, Bore da

Please choose from the options below:

Traditional English

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

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]

Bacon or sausage butty

White, wholemeal or granary bread [C]

Naturally smoked haddock

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

Poached, scrambled or Fried eggs

White, wholemeal or granary bread [C]

Beans on toast

White, wholemeal or granary bread [C]

Poached eggs on toasted muffin & hollandaise sauce

Home cooked ham [C], Smoked salmon [C] or Spinach, onions & wild mushrooms [C][V]

Poached eggs & crushed avocado

Toasted muffin, tomato salsa [C]

American buttermilk pancakes

Crispy bacon & maple syrup or Chocolate & fresh strawberries

Welsh deli board

Welsh cheeses, homecooked ham, cured ham, apples & grapes [C]

Continental

Large butter croissant, pain au raisin or pain au chocolate

Porridge

Blueberry compote, sugar, honey, golden or maple syrup

Buffet Items

Cereals, fresh fruit, yoghurt, smoothies, chia infusion, pastries & bread

Drinks

Selection of Teas

Welsh Brew, Welsh Breakfast, Decaf Tea, Earl Grey, Peppermint, Chamomile, Jasmine green tea, Lemon & Ginger, Rooibos Red Bush, Mixed berry or Green tea with mango & bergamot

Coffee

Filter coffee, Decaf, Cafetiere, Americano, Cappuccino, Café latte, Espresso, or Flat white

Fruit Juices

Orange, Apple or Cranberry

Dietary Requirements – Please ask a member of our team if you require any of the following:

Coeliac cornflakes, Coeliac Weetabix, Coeliac Bread for toast

Full fat, Skimmed, Soya, Oat milks available

Cooked breakfast or buffet - £15.00

Cooked breakfast & buffet - £18.00

All breakfast options include tea and coffee

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

*[C] – Suitable for coeliacs with adjustments [V] - Suitable for vegetarians with adjustments [VG] - Suitable for vegans with adjustments
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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