



Bora Da, Good Morning

We would like you to help yourself to our continental breakfast and one of the staff members will be along to take your order

Please choose one of the following

(GF*) Full Welsh Breakfast**

Pork and herb sausage, bacon, black pudding, mushrooms, tomato, beans and a choice of fried, poached or scrambled egg.

Welsh Rarebit

Flavoured cheese on toast with or without bacon.

GF* Creamy Cockles and Laver Bread**

On toast, with or without bacon

(GF*) Boiled Egg with soldiers**

(GF*) Beans on Toast**

(GF*) Egg on Toast**

With a choice of fried, poached or scrambled egg

(V) Full Veggie Breakfast

Glamorgan sausage, mushrooms, tomato, beans and a choice of fried, poached or scrambled egg.

Buttermilk Pancakes

With or without golden syrup

(GF) Smoked Haddock

With poached egg

(GF) Smoked Kippers

(GF) Choice of Sandwich (White or brown)**

Bacon, Bacon and Fried egg, Bacon and Sausage, Sausage and Fried egg

If you would like some porridge before your breakfast please ask one of the staff members

All our dishes are cooked fresh for you, so may take a little longer than others. Some may contain allergens, so do please inform one of the staff members if you have any concerns, dietary requirements or would like more information. We will always try to accommodate you.

(V) = Vegetarians, GF = Gluten Free

GF* = Can be Gluten Free on request**