



### ***Start your day...***

Selection of cereals, fresh fruit, natural yoghurt, porridge, selection of fruit juices.

A Full Welsh Breakfast, *please choose from the following:*

Bacon, sausages, mushrooms, tomatoes, free range egg, black pudding, baked beans (*made by Heinz not Wales!!*) and hash browns. All sourced in Wales.

Smoked salmon and scrambled eggs.

*How do you like your eggs in the morning?*

Scrambled, fried, poached or boiled

All served with toast.

Made to order free range omelette – keep it plain or add local ham, cheddar cheese, mushrooms or tomato.

Followed by a continuous stream of fresh tea or coffee.

*Remember breakfast is the most important meal of the day!*

All our produce is locally sourced.

Please let a member of the team know if you have any allergies or dietary requirements and we will do our utmost to accommodate you.