

Help Yourself to...

A range of fresh fruit juices

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A choice of branded cereals, Welsh creamy yogurts,  
fresh fruit salad & natural yogurt

*or*

Porridge made with semi-skimmed milk  
with Golden Syrup & a jug of double cream

## *To Drink...*

A selection of Traditional English, Earl Grey,  
Darjeeling, decaffeinated, peppermint,  
camomile, white, green or fruit teas.

Regular or decaffeinated ground coffee.

Hot chocolate.

## *A Hot Choice of...*

### **Full Welsh breakfast**

with local butcher's award winning pork & leek sausage,  
bacon, open breakfast mushroom, grilled tomato, black pudding  
& Welsh free range fried egg (or cooked how you like it)

*or*

### **Scrambled eggs & smoked salmon**

made with double cream & butter  
served on white or wholemeal toast or English breakfast muffin

*or*

### **Welsh free range poached eggs**

served on white or wholemeal toast or English breakfast muffin

*or*

### **Eggs Benedict**

poached eggs with streaky bacon & hollandaise sauce

## *Toast...*

A choice of hand cut white or wholemeal toast  
with a range of preserves, honey or Marmite.  
Croissants available on request

*£12.95 if breakfast is not included in your room rate*