

Breakfast Menu

Available 7.00am – 10.30am

Please select one item per guest from each section:

Cereal

Rice Krispies (V,G)
Coco Pops (V,G)
Weetabix (V,G)
Bran Flakes (V,G)
Frosties (V,G)
Gluten Free Corn Flakes (V)

Served with either semi-skimmed (V,D) or soya milk (V,S)

Toast

Brown Bread (V,G,S)
White Bread (V,G,S)
Gluten Free Bread (V,S)

Served with jam (V), marmalade (V) and butter (V,D)

Bakery

Croissant (V,G,D,E,S)
Danish Pastry (V,G,D,E,N,P)

Fruit Juice

Orange (V)
Grapefruit (V)
Tomato (V)
Pineapple (V)
Cranberry (V)
Apple (V)

Fresh Fruit

Fresh Fruit Salad (V)
Stewed Fruit Salad (V)

Welsh Yoghurt & Muesli

Natural Yoghurt (V,D)
Fruit Yoghurt (V,D)
Soya Yoghurt (V,S)

Bircher Muesli (V,G,D)
Traditional Swiss muesli with oats, yoghurt, apple and honey

Hot Breakfast

Please choose one:

Full Welsh Breakfast

Sausage, bacon, mushrooms (V), hash brown (V), tomato (V), baked beans (V) and choice of fried or scrambled egg (V,E)

Vegetarian Breakfast

Glamorgan sausage (V,G,D,E,Mu), mushrooms (V), hash brown (V), tomato (V), baked beans (V) and choice of fried or scrambled egg (V,E)

Belgian Waffle

 (V,G,E,D)

With maple syrup (V) and vanilla cream (V,D)

American Pancakes

 (V,G,E,D)

With blueberry compote (V) and vanilla cream (V,D)

Hot Beverages

Please find a selection of tea and coffee in your room ready for you to prepare and enjoy

Fresh milk can be provided with your breakfast delivery, please request either semi-skimmed (V,D) or soya milk (V,S)

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.

(V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.