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)