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## Hot Drinks

### Coffee, Welsh Brew Tea, Tea Infusions or Decaffeinated Coffee

Semi-skimmed milk (V,D), soya milk (Ve,S) or gluten free oat milk (Ve)

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## Cereal Selection

### Cornflakes (V,G), Rice Krispies (Ve,G), Coco Pops (Ve,G), Weetabix (Ve,G), Bran Flakes (Ve,G), Frosties (Ve,G), Gluten Free Cornflakes (Ve)

Served with semi-skimmed milk (V,D), soya milk (Ve,S) or gluten free oat milk (Ve)

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## Bakery Basket

### Choice of Brown Toast (Ve,G,S), White Toast (Ve,G,S) or Gluten Free Toast (V,E)

### Croissants (V,G,D,E,S), Pain au Chocolat (V,G,D,S,E) and Danish Pastries (V,G,D,E,N)

### Welsh Cakes (V,G,D,E), Local Artisan Breads (Ve,G)

Served with jam (Ve), marmalade (Ve), butter (V,D) and spread (Ve,S), diabetic jam (Ve)

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## Juices

Choice of **Orange, Grapefruit, Tomato, Cranberry** or **Apple** (Ve)

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## Breakfast Menu

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### Fruit

Selection of **Fresh Fruit** (Ve), **Stewed Fruit** (Ve), **Dried Fruit** (Ve,SD) or **Fresh Fruit Salad** (Ve)

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### Cold Cheese, Meat & Fish

**Cheddar** (V,D), **Emmenthal** (V,D) or **Brie** (V,D)

**Ham and Salami**

**Smoked Salmon** (F)

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### Yoghurt and Muesli

**Llaeth Y Llan Natural** or **Fruit Yoghurt** (V,D), **Soy Yoghurt** (Ve,S)

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

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### Hot Breakfast

#### Full Welsh Breakfast

Locally made pork sausage (SD), sweetcured bacon, black pudding (G), mushrooms (Ve), leek and potato (Ve), baked tomato (Ve), baked beans (Ve), scrambled egg (V,E,D) and fried eggs (V,E)

#### Available on request:

Vegetable sausages (Ve), Glamorgan sausage (V,G,D,E,Mu), porridge (V,G,D)

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### Sweet Breakfast

#### American Pancakes (V,G,E,D)

With blueberry compote (V), vanilla cream (V,D), maple syrup (V) or Nutella (V,N,D)