

# RISE &

B R E A K F A S T M E N U

#### **Full Welsh Breakfast**

**£16.50** per person | **£8.50** children (3 – 12 years)

#### Continental Breakfast

**£12.50** per person | **£5.00** children (3 – 12 years)

Fully inclusive for guests on a bed & breakfast package

# CONTINENTAL SELECTION

#### **Bakery & Preserves**

Freshly Baked Croissants (V,W,D,E)

Danish Pastries (V,W,D,E,A,H)

Assorted Bread (V, W, B, S) ●

Jams and Preserves (V) ■ Nutella (V,D,H,S) | Marmite (V,W,B,R,O,C) ■

Welsh Butter (V,D) | Sunflower Spread (V) ●

Tomato Ketchup (V) ■ Brown Sauce (V,B,R) ■

#### Fresh Fruit

Fresh Fruit Salad (V)
Fresh Fruit Selection (V)
Sliced Orange (V)
Mixed Melon (V)

#### **Cereal Selection**

Rice Krispies (V,B) | Coco Pops (V,B) | Frosties (V,B) | Alpen (V,W,O,H,A,D), Granola (V,O,PN,WN,A,SE) | Weetabix (V,W,B,V) | Corn Flakes (V)

#### Cold Meat & Dairy

Salami

Emmental Cheese (V.D)

Selection of Llaeth y Llan Fruit and Natural Yoghurts (V,D)

Welsh Skimmed Milk and Semi-Skimmed Milk (V,D)

Non-dairy milk available on request

#### HOT BUFFET

Fresh Welsh Eggs – Fried (V,E) Scrambled (V,D,E) or Boiled (V,E)

Poached egg available on request

Dry Sweet Cured Bacon

Locally Made Pork Sausage (SD)

Baked Beans (V)

Mushrooms (V)

Potatoes (V)

Please allow a short time for the following to be freshly cooked to order

#### Vegetarian Breakfast

12.00

Plant-based and gluten free sausages, baked beans, mushrooms, choice of egg, potatoes, toast and preserves (V,W,B,E,S)

#### Plant-Based Breakfast

12.00

Plant-based and gluten free sausages, baked beans, mushrooms, potatoes, toast and preserves (V,W,B,S)

## B R E A K F A S T B E V E R A G E S

Welsh Roasted Coffee (V) | Selection of Welsh Brew Teas (V) | Fruit Juices (V)

For additional dietary and allergen requests, please speak to a team member

A discretionary 10% service charge will be added to your bill.

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

Gluten Allergy: (B) Barley, (O) Oats, (R) Rye, (SP) Spelt, (W) Wheat | Nut (Tree Nut) Allergy: (A) Almonds, (BN) Brazil nuts, (CN) Cashew nuts, (H) Hazelnuts, (PS) Pistachios, (PN) Pecan nuts, (WN) Walnuts | Other Allergy: (C) Celery, (CR) Crustaceans, (D) Dairy/milk, (E) Eggs, (F) Fish, (L) Lupin, (M) Molluscs, (MU) Mustard, (P) Peanuts, (SE) Sesame seeds, (S) Soya, (SD) Sulphur dioxide | Lifestyle: Plant-based, (V) Vegetarian

# BREAKFAST À LA CARTE

Please allow a short time for these items to be freshly made to order À la carte items will be charged as shown for breakfast inclusive guests

## BREAKFAST BAPS

Bacon Bap (W)	5.50
Local Pork Sausage Bap (W,SD)	5.50
Plant-Based Sausage Bap (V,W)	6.50
Bacon and Sausage Bap (W,SD)	6.50
Bacon and Egg Bap (W,D,E)	6.50
Sausage and Egg Bap (W,D,SD)	6.50
Bacon, Sausage and Egg Bap (W,E,SD)	6.50
Toast with Preserve and Butter (V,W,B,S,D)	3.50
Danish Pastry (V,W,D,E,A,H)	3.50
Croissant (V,W,D,E)	3.50
Pain au Chocolat (V,W,D,E,S)	3.50
Pancakes with Berry Compote (V,W,D,E)	7.50
Waffle with Berry Compote (V,W,E,S)	7.50

## SPECIALITY COFFEES

Will be charged as shown for breakfast inclusive guests

Cappuccino (V,D)	5.45
Latte (V,D)	5.45
Flat White (V,D)	5.45
Double Espresso (V)	5.45
Macchiato (V,D)	5.45