



## GLUTEN FREE BREAKFAST MENU

**Bore Da! Good Morning! Please help yourself to the buffet selection**

**HOMEMADE GLUTEN FREE GRANOLA – MADE WITH PONTYCLERC HONEY  
– SERVED WITH ORGANIC WELSH MILK**

**CHOICE OF FRUIT JUICES**

**ORGANIC BIO LIVE YOGHURTS (NATURAL AND FRUIT VARIETIES)**

**DRIED FRUIT AND MIXED SEEDS**

**FRESH FRUIT**

**Hot Food – cooked to order or arranged in advance**

**HOT PORRIDGE**

with homemade preserves or Pontyclerc honey

or

**TRADITIONAL BREAKFAST**

locally sourced eggs, 'Y Cigydd' dry cure back bacon, Finest sausages, mushrooms,  
baked beans, roasted vine tomatoes or tinned tomatoes, hash browns

or

**TRADITIONAL WELSH BREAKFAST**

locally sourced eggs, 'Y Cigydd' dry cure back bacon, Finest sausages, cockles,  
laverbread, mushrooms, hash browns

or

SMOKED SALMON AND SCRAMBLED EGGS

or

SMOKED HADDOCK AND POACHED EGG

or

YOUR CHOICE OF EGGS ON TOAST

or

EGGS BENEDICT

muffin, bacon, poached egg and hollandaise sauce

or

OMELETTE

made with 3 eggs, can be served as it is or with cheese, bacon, mushrooms or herbs

or

CLASSIC BACON SANDWICH

served on buttered bread or with fried egg and served with your favourite sauce

or

2 BOILED EGGS

cooked to your requirements served with soldiers

Toast (white or brown) with a selection of homemade preserves  
and marmalade, Welsh butter and Pontyclerc honey

### Hot Beverages

Coaltown coffee

Welsh Brew tea

Earl Grey tea

Fruit or mint tea

Decaff tea or coffee