

# TY MAWR BREAKFAST MENU

Please help yourself to the following from the dresser

- Fresh Fruit Salad
- A Selection of Cereals & Semi-skimmed Welsh Milk
- Dried Apricots, Hazelnuts, Sunflower and Pumpkin Seeds
- Organic Natural Welsh Yoghurt from Rachel's Dairy, Aberystwyth
- Orange and Apple Juice (sometimes made with apples from the garden)

Beverages

- Cafetiere of Continental or Decaffeinated Coffee
- A Selection of Teas – English Breakfast, Assam, Darjeeling, Earl Grey, Decaffeinated, Green, Peppermint or Camomile
- Hot Chocolate

Cooked Breakfast

- Julian Cooper's Home Cured Bacon
- Black Pudding
- Julian Cooper's Pork and Leek Sausages
- Mushrooms
- Grilled Tomatoes
- Baked Beans
- Ffion's Free-range Eggs – Fried, Scrambled, Poached or Boiled

Also available

- Porridge made with Y Felin Rolled Oats and served with Llainoleu Isaf Honey, Golden Syrup or Demerara Sugar
- Severn and Wye Valley Smoked Salmon with Ffion's Scrambled Eggs
- Eggs Benedict with Carmarthen Dry Cured Ham and Ffion's Poached Egg
- Eggs Royale with Severn and Wye Valley Smoked Salmon and Ffion's Poached Egg

All the above served with

- Granary and/or White Toast with Unsalted Butter and 'Cegin Gareth' Marmalade, Jam or Llainoleu Isaf Honey.

Toast is usually served with your cooked breakfast – if you would prefer it either with your tea/coffee or after your cooked breakfast, then please tell Annabel.

Please discuss with Annabel if you need any allergen information.