



Y Bryn Breakfast Menu

Fruit Juices

A Selection of Teas & Coffee

Fresh Fruit, Assorted Cereals, Greek Yoghurt and Homemade Coulis

Freshly made Toast with a Selection of Welsh Jams & Marmalade

Porridge (Veg/V/G.F)

With almond milk, dairy milk or cream, honey or fruit coulis

Shepherds Platter

Welsh cheese and ham, fresh breads. Continental breakfast Welsh style!

Buckwheat Pancakes (V)

Buckwheat Pancakes, fruit coulis, Coconut cream, Welsh honey

3 Egg Omelette (G.F/Veg)

Plain, or with Welsh cheddar and/or Carmarthen Ham

Eggs Saint Elli

“Eggs Benedict” Carmarthen Ham, poached eggs, Hollandaise sauce

Scrambled Eggs and Smoked Salmon (G.F)

Smoked Mackerel (G.F)

Herb butter, or Herb oil

Nain Rarebit

“Croque Madame” Carmarthen ham and a poached egg.

Saint Dewis Brecas (Veg/V)

Grilled Tomato, Mushroom, Baked Beans, Vegan Patty or Glamorgan Sausage. Fried Bread, Laverbread

Brecas Cymru/ Full Welsh

Bacon, Welsh Pork and Leek Sausage, Tomato, Mushroom, Baked Beans, Laverbread, Cockles, Fried Bread, Eggs

VEG = vegetarian

V = vegan

G.F = gluten free

Rhowch wybod i'n staff am unrhyw alergeddau / Please advise our staff of any allergies before ordering