

- To Start -

- Please Help Yourself from the Buffet -

Apple, Grapefruit, Orange, Pineapple,
Tomato or Cranberry Juice

Selection of Cereals or Homemade Muesli

Fresh Strawberries or Fresh Melon

Stewed Prunes and Apricots

Fresh Fruit from the Basket

Natural Welsh Yoghurt

Grapefruit Segments

~~~~~

*- Please Order at your Table -*

Breakfast Tea or Fresh Ground Coffee

*Speciality Teas*

Earl Grey, Darjeeling, Lemon & Ginger,  
Peppermint or Camomile & Spiced Apple

White or Brown Toast with Preserves or Marmalade

Traditional Porridge Oats

Warm Butter Croissants

Half Fresh Grapefruit

**- To Follow -**

*Trefeddian Grill*

Grilled Bacon, Sausage, Tomato, Mushrooms,  
Black Pudding and Fried Bread

*with a Choice of Free Range Eggs*

Scrambled, Poached or Fried

~~~~~

Grilled Natural Smoked Kippers

with Lemon Wedge and Butter

~~~~~

*Poached Fillet of Haddock*

with Lemon Wedge and Butter, Poached or Scrambled Egg

~~~~~

Home Cooked Cold Ham

with Sliced Tomatoes, Fried or Scrambled Egg

~~~~~

*Scrambled, Poached or Boiled Free Range Eggs*

served with White or Brown Toast

~~~~~

Quorn Sausages available for Vegetarians on request