

GOOD MORNING

To Start

Please help yourself to the following

Chilled Fruit Juices

Apple, Grapefruit, Orange, Pineapple, Tomato
or Cranberry

Selection of Cereals and Homemade Muesli

Porridge Oats (to order)

Natural Welsh Yoghurt

Fresh Melon

Fresh Strawberries (when available)

Half Fresh Grapefruit (to order)

Stewed Prunes and Apricots

Grapefruit Segments

Fresh Fruit from the Basket

Followed by

TREFEDDIAN GRILL

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

Free Range Eggs

Boiled, Scrambled, Poached or Fried

or

COLD HAM AND TOMATO

or

POACHED FILLET OF SMOKED HADDOCK

or

GRILLED NATURAL SMOKED KIPPERS

With

Warm Fresh Croissants

White or Brown Toast

Selection of Preserves & Marmalade

Breakfast Tea or Fresh Ground Coffee

Speciality Teas;

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