

# BRECWAST BAR BREAKFAST

8 – 11.45

# BORE DA

WIFI HM Bar arlanymor

Tost gyda menyn a jam **2.5**

Croissant, marmalêd **2.5**

Pain au Raisin **2**

Toast with butter and jam **2.5**


Croissant, marmalade **2.5**

Pain au Raisin **2**

Uwd organig **4.8**

*gyda aeron cymysg, sirop masam* 

Afocado, tost surdoes, wŷ wedi'u botsio **7.5** 

Ffa pôb HM, wŷ wedi'i ffrio, afocado, tost surdoes **6.5**   
*gyda chorizo* **7.5**

Wŷ wedi'u sgramblo | botsio gyda tost **6**   
*gyda eog wedi'i fygau* **7.5**

Bara wŷ, gyda sirop masam **6**   
*gyda cig moch Penlan* **7.5**

Cig moch Penlan mewn bwn tostiedig **4**


Caws pôb **7**   
*gyda cig moch Penlan* **8.5**


Crempog steil America gyda aeron **6** 


Organic porridge **4.8**

*with berries and maple syrup* 

Avocado, sourdough toast, poached eggs **7.5** 

HM baked beans, fried egg, avocado, sourdough **6.5**   
*with chorizo* **7.5**

Scrambled | poached eggs with toast **6**   
*with smoked salmon* **7.5**

Eggy bread, maple syrup **6**   
*with Penlan bacon* **7.5**

Penlan bacon in a toasted bun **4**


Welsh rarebit **7**   
*with Penlan bacon* **8.5**

American style pancakes with berries  **6**

## BRECWAST CYMREIG

Bacwn Penlan, selsig porc, pwdin gwaed, wŷ wedi'i ffrio, tomato, bara lawr, madarch, tost **9**


## BRECWAST HM

Halloumi organig Teifi, ffa pôb HM, wŷ wedi'i ffrio, madarch, tomato, bara lawr, afocado, tost **9** 

## WELSH BREAKFAST

Penlan bacon, pork sausages, black pudding, fried egg, tomatoes, laver bread, mushrooms, toast **9**

## HM BREAKFAST

Teifi organic halloumi, HM beans, fried egg, mushroom, tomato, laver bread, avocado, toast **9** 

## YN YCHWANEGOL

Cig moch Penlan | Chorizo | Halloumi Organic Teifi **2**

Selsig Lleol neu Wŷ Lleol **1**

Ffa pôb HM **1**

Eog wedi'i fygau **3**

## EXTRAS

Penlan bacon | Chorizo | Teifi Organic halloumi **2**

Local sausage or Local egg **1**

HM Baked beans **1**

Smoked salmon **3**



LLYSIEUOL  VEGETARIAN

Byddwch crystal â rhoi gwybod i'r staff am unrhyw anghenion deiet arbennig.  
Please tell the staff if you have any allergies.