

# BORE DA



## BRECWAST | BREAKFAST 8 - 11

Sudd ffrwythau - Afal | Oren

Fruit Juice - Apple | Orange

Granola gyda iogwrt | Ffrwythau haf a iogwrt Cymreig  
Croissant | Pain au raisin

Granola with yoghurt | Summer fruit and Welsh yoghurt  
Croissant | Pain au raisin

Ŵyau - wedi'u sgramblo | botsio | ffrio  
- gyda eog wedi'i fygau neu cig moch Penlan

Eggs - scrambled | poached | fried  
- with smoked salmon or Penlan bacon

Ffa pob HM, afocado, ŵy wedi'i ffrio  
- gyda halwmi organic Teifi | gyda chorizo

HM beans, avocado, fried egg  
- with Teifi organic Halloumi | chorizo

### BRECWAST CYMREIG

Bacwn Penlan, selsig porc, pwdin gwaed, ŵy wedi'i ffrio, tomato,  
bara lawr, madarch

### WELSH BREAKFAST

Penlan bacon, pork sausage, black pudding, fried egg, tomato,  
laver bread, mushroom

### BRECWAST HM

Halwmi organic Teifi, ffa pôb HM, ŵy wedi'i ffrio, madarch, tomato,  
bara lawr, afocado

### HM BREAKFAST

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

Cig moch Penlan | selsig | ŵy - mewn bwn brioche tostiedig

Penlan bacon | sausage | fried egg - in a toasted brioche bun

## TÊ | TEA

Tê Good Proper Tea - Breakfast | Earl Grey  
Peppermint | Camomile | Green | Fresh mint

## COFFI | COFFEE COALTOWN RHYDAMAN | AMMANFORD

Americano | Cappuccino | Espresso  
Latte | Flat White | Cortado

