

BORE DA



BRECWAST | BREAKFAST

Sudd ffrwythau - Afal | Oren

Granola gyda iogwrt | Compote ffrwythau a iogwrt Cymreig
Uwd gyda mêl Cellan
Croissant | Pain au raisin

Fruit Juice - Apple | Orange

Granola with yoghurt | Fruit compote and Welsh yoghurt
Porridge with Cellan honey
Croissant | Pain au raisin

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

Ffa pôb HM, afocado, ŵy wedi'i ffrio
- gyda halwmi organic Teifi neu gyda chorizo

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

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

BRECWAST CYMREIG

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

BRECWAST HM

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

WELSH BREAKFAST

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

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

