

BORE DA



BRECWAST | BREAKFAST o - from 8 -11 yb | am

logwrt Cymreig - gyda granola neu compote ffrwythau 4
Uwd gyda mêl 4.8
Croissant gyda jam neu marmalêd 2.5
Pain au raisin 2
Tost surdoes gyda jam neu marmalêd 3.5

Welsh yoghurt - with granola or fruit compote 4
Porridge with honey 4.8
Croissant with jam or marmalade 2.5
Pain au raisin 2
Sourdough toast with jam or marmalade 3.5

Ŵyau ar surdoes - wedi sgramblo | potsio | ffrio 6
- gyda'g eog wedi fygu | cig moch Penlan | afocado +2

Eggs on sourdough - scrambled | poached | fried 6
- with smoked salmon | Penlan bacon | avocado +2

Ffa pôb HM, afocado, ŵy wedi ffrio, surdoes 6.5
- gyda halwmi organig Teifi neu chorizo +2

HM beans, avocado, fried egg, sourdough 6.5
- with Teifi organic Halloumi or chorizo +2

BRECWAST CYMREIG 9

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

WELSH BREAKFAST 9

Penlan bacon, pork sausage, black pudding, fried egg, tomato, laverbread, mushroom, sourdough

BRECWAST HM 9

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

HM BREAKFAST 9

Teifi organic halloumi, HM beans, fried egg, mushroom, tomato, laverbread, avocado, sourdough

Cig moch Penlan | selsig | ŵy - mewn bwn brioche wedi tostio 4 (+2 am ychwanegion)

Penlan bacon | sausage | fried egg - in a toasted brioche bun 4 (+2 for extras)

SBESIALS PENWYTHNOS - Dydd Sadwrn a Sul

Ŵyau Benedict 8
- mwffin wedi tostio, sbinais, cig moch, ŵyau wedi botsio, hollandaise
Ŵyau Royale 8
- mwffin wedi tostio, sbinais, eog wedi fygu, ŵyau wedi botsio, hollandaise

WEEKEND SPECIALS - Saturday and Sunday

Eggs Benedict 8
- toasted muffin, spinach, ham, poached eggs, hollandaise
Eggs Royale 8
- toasted muffin, spinach, smoked salmon, poached eggs, hollandaise