



BREAKFAST

Welsh yoghurt, granola or fruit compote **6**

Porridge, honey, fruit compote **5**

Croissant, butter and jam or marmalade **4**

Pain au raisin **4**

HM toast, butter and jam or marmalade **4**

HM WELSH BREAKFAST **12**

Rattray bacon, Rattray pork sausage, Rattray black pudding, fried egg, tomato, laverbread hash brown, mushroom, HM toast

BRECWAST HM **11**

Organic Teifi halloumi, HM beans, fried egg, mushroom, tomato, laverbread hash brown, avocado, HM toast

EGGS ON TOAST **7**

Scrambled | Poached | Fried

(Check out our extras!)

HM FRENCH TOAST **10**

Rattray bacon, maple syrup or fruit compote

STEAK & EGGS **14**

6oz Welsh rump steak, two fried eggs

HM BEANS **10**

Avocado, fried egg, HM toast

- with organic Teifi halloumi or chorizo

BRIOCHE BUN **5**

Rattray bacon / Rattray pork sausages

(Check out our extras!)

EXTRAS

Rattray bacon (2) **3**

Rattray Pork sausage **3**

Smoked salmon **3**

Teifi Halloumi **3**

Chorizo **3**

Rattray black pudding **2**

Avocado **2**

Egg **1.50**

HM beans **1.50**

WEEKEND SPECIALS

(Saturday & Sunday)

EGGS BENEDICT **11**

Toasted muffins, spinach, ham, poached eggs, hollandaise

EGGS ROYALE **12**

Toasted muffins, spinach, smoked salmon, poached eggs, hollandaise

Prif Gogydd | Shane James

Please inform us of any dietary requirements. Allergen information available on request.

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GLUTEN FREE BREAKFAST

Welsh yoghurt, fruit compote **6**

Gluten-free toast, butter and jam or marmalade **4**

HM WELSH BREAKFAST **12**

Rattray bacon, fried egg, tomato, laverbread hash brown, mushroom, gluten-free toast

BRECWAST HM **11**

Organic Teifi halloumi, HM beans, fried egg, mushroom, tomato, laverbread hash brown, avocado, gluten-free toast

EGGS ON GLUTEN-FREE TOAST **7**

Scrambled | Poached | Fried
(Check out our extras!)

GLUTEN-FREE FRENCH TOAST **10**

Rattray bacon, maple syrup or fruit compote

STEAK & EGGS **14**

6oz Welsh rump steak, two fried eggs

HM BEANS **10**

Avocado, fried egg, gluten-free toast
- with organic Teifi halloumi or chorizo

GLUTEN-FREE BREAD **5**

Rattray bacon
(Check out our extras!)

EXTRAS

Rattray bacon (2) **3**

Smoked salmon **3**

Teifi Halloumi **3**

Chorizo **3**

Avocado **2**

Egg **1.50**

HM beans **1.50**

WEEKEND SPECIALS

(Saturday & Sunday)

EGGS BENEDICT **11**

Gluten-free toast, spinach,
ham, poached eggs,
hollandaise

EGGS ROYALE **12**

Gluten-free toast, spinach,
smoked salmon, poached
eggs, hollandaise

Prif Gogydd | Shane James

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