

Tost gyda menyn a jam **2.5**

Croissant, marmalêd **2.5**

Smwddi Brecwast gyda Ceirch, Mafon,
Llus, Banana, Hadau Llin **3.5**

Toast with Welsh butter and jam **2.5**

Croissant, marmalade **2.5**

Breakfast Smoothie with Oats, Raspberry,
Bluberry, Bannana Flaxseed **3.5**

We champion local Welsh produce, and wherever possible use only locally produced ingredients. Among our breakfast items you will find that our eggs are from free range hens, our sausages come from outdoor reared pigs who have some of the highest welfare standards in the industry. And our milk comes from Welsh dairy farms as does our butter & cheese. We are Animal lovers here so we always try to ensure our purchasing is carried out with good ethics and animal welfare at the forefront of our mind.

Uwd organig gyda aeron cymysg, surop
masarn (ar gael fel fegan) **4.8**

Afocado wedi malu, tost surdoes, wŷ
wedi'u botsio **7.5** gyda eog wedi'i fyggu **9**

wŷ wedi'i botsio, afocado, tost surdoes ffa
pob **6.5** gyda chorizo **7.5**

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

Cig moch mewn bwn **4**

Caws pôb **7** gyda cig moch **8.5**

Crempog Americanaidd, surop masarn
aeron **6**

Organic porridge with berries and maple
syrup (available as vegan vv) **4.8**

Smashed avocado, sourdough toast,
poached eggs, tomato garnish **7.5** with
smoked salmon **9**

Fried egg, smashed avocado,
sourdough toast, baked beans **6.5** with
chorizo **7.5**

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

Bacon bap **4**

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

American style pancakes, berries,
maple syrup **6 vv**

Brecwast Cymreig: Bacwn, Selsig porc, pwdin gwaed, wy wedi'i ffrio, tomato, bara lawr,
madarch, tost

**Welsh Breakfast: Bacon, pork sausages, black pudding, fried egg, tomatoes, laver
bread, mushrooms, toast 9**

Brecwast Y Cnu Aur: Bacwn, Selsig porc, ffa pob, wy wedi'i ffrio, madarch, tomato, "hash
brown", tost

**Fleece Breakfast: Bacon, sausage, beans, fried egg, mushroom, tomato, hash
brown, toast 9**