

Tost gyda menyn a jam **2.5**

Toast with Welsh butter and jam **2.5**

Croissant, jam a marmalêd **2.5**

Croissant, jam and marmalade **2.5**

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

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**

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

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

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

Wŷ wedi'u sgramblo | botsio, neu wedi frio
gyda tost **6** gyda eog wedi'i fychu **7.5**

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

Bacwn mewn bwn **4**

Bacon bap **4**

Selcig mewn bwn **5**

Sausage bap **5**

Crempog Americanaidd, surop masarn
aeron **6**

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

Brecwast Cymreig: Bacwn, Selsig porc, pwdin gwaed, wy wedi'i ffrio, tomato, hash
brown, madarch a tost

**Welsh Breakfast: Bacon, pork sausages, black pudding, fried egg, tomatoes, hash
brown, mushrooms, beans and toast 9**

Brecwast fegan: Selsig fegan, tomato, madarch, ffa a hashbrown

**Vegan Breakfast: Vegan quorn sausages, tomato, mushroom, beans and hash
brown 8**