

Choices for your Breakfast Table

Breakfast Cereals

Cornflakes, Alpen, All Bran,
Crunchy Nut Cornflakes, Rice Krispies

Toast

Thick Cut White or Malted Brown

Baker's Choice

Freshly Baked Croissants,
Blue Berry muffins, Superseed Flapjack

Natural Yoghurt

Llaeth Y Llan Welsh Natural Yoghurt
With
Berry Compote
& Granola

Selection of Teas

Traditional, Herbal & Fruit teas
Please ask for a pot of water

Fruit Juices

Orange, Apple & Cranberry

Choices from The Kitchen

Traditional Plas Breakfast

Dry Cured Back Bacon
Pork Sausage, Mushrooms
Homemade Hash Brown
Roasted Tomato
with
Fried, Poached or Scrambled
Pembrokeshire Free Range Eggs

Vegetarian Plas Breakfast

Glamorgan Sausage
Mushrooms, Baked Beans
Homemade Hash Brown
Roasted Tomato
with
Fried, Poached or Scrambled
Pembrokeshire Free Range Eggs

Trealy Farm Black Pudding Croquettes & Sauté New Potatoes also Available on Request

Alternative Breakfast Options

**Grilled
Smoked Kippers**
Poached Eggs
Chive Butter

Porridge
With
Golden Syrup
Or Honey

**Toasted Welsh
Rarebit**
Confit Tomato
Poached Egg

**Smoked
Salmon**
&
Scrambled Eggs

If you have any dietary requirements, allergies or intolerances
please do not hesitate to ask a member of staff for advice