

# Breakfast

## **Selection of Cereal**

Special K, Frosties, Rice Krispies,  
Cornflakes, All Bran, Crunchy Nut  
Cornflakes, Alpen, Weetabix  
(Gluten, Nuts, Milk)

## **Freshly Brewed Tea or Coffee**

## **Thick Cut White or Harvest Bloomer Toast** (Gluten, Soy)

## **Orange, Apple, or Cranberry Juice**

## **Yoghurt with Berry Compote & Granola** (Gluten, Milk, Sesame, Nuts)

## **Blueberry Muffins** (Gluten, Milk, Egg)

## **Freshly Baked Danish Pastries** (Gluten, Milk, Egg, Nuts)

## **FROM THE KITCHEN**

### **Plas Welsh Breakfast**

Dry Cured Bacon, Pork & Leek Sausage, Baked  
Beans, Hash Brown, Mushrooms, Grilled Tomato  
Choice of Fried, Poached, or Scrambled Egg  
(Gluten, Milk, Egg, Sulphur, Soy)

### **Plas Vegetarian Welsh Breakfast**

Glamorgan Sausage, Baked Beans, Hash Brown,  
Mushrooms, Grilled Tomato  
Choice of Fried, Poached, or Scrambled Egg  
(Gluten, Milk, Egg, Soy, Mustard)

### **Smoked Salmon & Scrambled Egg**

Sourdough Bread  
(Gluten, Milk, Egg, Fish)

### **Smashed Avocado & Poached Egg**

Chilli Flakes, Sourdough Bread  
(Gluten, Milk, Egg)



Please make your server aware of any dietary requirements