

The Plasnewydd Welsh Breakfast
Home-made / local produce are used whenever possible

Your Breakfast this morning

Chilled orange fruit juice ~ choice of cereals ~ yogurt ~
grapefruit segments ~ prunes ~ fresh fruit ~ porridge with
muscovado sugar



The Plasnewydd Full - local wherever possible

Grilled unsmoked back bacon ~ fried egg cooked as your choice
~ grilled pork link sausage ~ seasoned saute mushrooms ~
juicy grilled caramelised tomato ~ baked beans – Heinz of
course ~ crunchy hash browns ~ black pudding



Vegetarian Option

Vegetarian sausages ~ egg ~ hash browns ~ mushrooms ~
tomato

baked beans ~ hash browns ~ mushrooms ~ tomato ~
Shirley's special Glamorgan sausages (cheese, onion and herbs)
and Parsnip, cashew and parmesan sausages



Other suggestion

Creamy scrambled egg (with snipped fresh garden chives
if in season) on toast ~ tomato or mushrooms on toast ~
Heinz baked beans on toast ~ grilled welsh bacon sandwich or
similar

local boiled eggs as required ~ poached eggs



Home made fresh warm white or wholemeal toast ~ traditional welsh
marmalade and preserves ~ honey and marmite.

~ Tea (herbal available) or coffee (instant, decaffeinated or
cafetiere)

Gluten Free bread available



Please ask if you would like any combination of the above