

# Bore da § Good Morning

## Brecwast § Breakfast

*Served from 8am till 10am*

### Tea, Coffee & Juices

#### Coffee

Cafetière of Read's freshly ground single estate coffee or  
Cappuccino, Latte, Americano, Espresso, Macchiato, Flat White

#### Hot Chocolate

#### Pot of Tea Pigs Tea

*English Breakfast, Earl Grey, Darjeeling, Rooibos, Fruit*

#### Fresh fruit smoothie of the day

#### Tomato juice or Big Tom (Spicy with Celery)

**Choice of fresh juices** - Orange or Apple

### What you should have for breakfast

#### Homemade Muesli

#### Weetabix

#### Cornflakes

#### Porridge

- *Plain and simple*
- *Power Porridge – ground almond, chia seeds, toasted sunflower seeds*
- *Fruity Porridge – banana, blueberries & almond butter*

#### Breakfast Pastries

*Basket of mini pastries and croissants*

#### Fresh Gliffaes Muffin

#### Toast and preserves

*Choice of white, granary, homemade sour dough or gluten free bread*

#### Fresh Fruit

*With or without thick Greek Yoghurt*

### What you really want for breakfast

#### Gliffaes Full Welsh Breakfast

*Breconshire maple cured bacon, Paddy's pork and leek sausage, black pudding, herby roast tomatoes, mushrooms, hash browns and your choice of eggs*

#### Gliffaes Vegetarian Breakfast

*Home made Glamorgan sausage, herby roast tomatoes, baked beans, hash browns and your choice of eggs*

#### And Introducing Gliffaes Vegan Breakfast

*Vegan sausage, herby roast tomatoes, baked beans, Mushrooms, sautéed potatoes and tofu scramble*

#### Smoked Trout\* and Scrambled Egg

#### Black Mountain Smokery Kipper with Laverbread Butter

#### Bacon Roll with Paddy's Maple Cured Bacon or Richard's Marmite Sausages

#### Twice Baked Welsh Cheddar Soufflé with Baked Tomatoes

#### Barabrith French Toast with Greek Yoghurt

#### Buttermilk Pancakes with Greek Yoghurt, Blueberries and Maple Syrup

*\* What, no smoked salmon? Gliffaes has decided that it is time to take a stand against farmed salmon. Until the cages are moved out of the lochs and on to the land we won't be buying farmed salmon. This practice is harming the environment and damaging the dwindling population of wild fish.*