

Plas Tan y Graig

Breakfast Pre-Order Menu

Each day using the notepad and pen supplied in your room please write clearly:

Room number - Time breakfast service required

Menu choice for each person

NB. Place your order on the sideboard in the reception area before 10pm daily.

If the dining room is full at your requested time please wait in the guest lounge and we will prepare a table for you as soon as one becomes available.

Hot Drink Options

- **Tea:** Tetley / decaf / earl grey / green / mint / lemon & ginger
- **Coffee options:** filter / decaf

Cold Drinks

- **Chilled:** orange juice / apple juice / water

Toast, Cereals, & Fruit

- **Toast** with butter or Flora (V): white / brown seeded / seeded (GF)
- **Cereals:** Corn Flakes / Fruit & Fibre / Crunchy Nut Corn Flakes / Muesli -
with choice of milk or plain yoghurt
- **Fruit:** apple, banana or orange

Cooked to Order

Choose only ONE option per person:

- **Porridge** served with side of mixed nuts, dried mixed fruit & honey
- **Welsh Breakfast:** Welsh bacon & sausage (optional GF),
Welsh free range fried egg, fresh cooked mushrooms, Heinz baked beans & grilled tomato
- **Vegetarian Breakfast:** vegan sausage, free range fried egg, fresh cooked mushrooms,
Heinz baked beans & grilled tomato

On Toast: white / brown seeded / seeded (GF) bread with choice of:

- Poached, fried or scrambled eggs
- Heinz baked beans

Sandwiches: white / brown seeded / seeded (GF) bread with choice of:

- Bacon or sausage
- Bacon & egg

(V) = Vegan, (GF) = Gluten Free

Oat, soya or almond milk available on request.

Breakfast Served 8:00 - 9:45 AM

