

BREAKFAST MENU



the
Hand
hotel

BREAKFAST MENU

Full Welsh Breakfast - £

Juices

Orange juice, apple juice and grapefruit are provided

Tea & Coffee

Freshly brewed coffee, breakfast tea, Earl Grey or Herbal tea (please feel free to self serve from our selection, or please request a freshly brewed pot from a member of our restaurant staff) (MILK)

Cereals

Cornflakes, All Bran, Muesli, Special K, Fruit & Nut.
Full fat or semi skimmed milk available (GLUTEN, MILK, NUTS)

Mixed Welsh Yoghurts

Help yourself to the local fruit yoghurts, please ask for natural yoghurt (MILK)

Fruit

A selection of Fresh Fruit and Grapefruit segments and prunes in a Syrup

COOKED BREAKFAST

Traditional Cooked Breakfast

Free range eggs, fresh local Welsh sausage, baked beans, pan fried mushrooms, black pudding, white pudding and fresh grilled tomato and Welsh bacon. Eggs can be fried, scrambled, poached or boiled please request your choice from a member of staff. (GLUTEN, EGGS, MILK)

Croissants (please allow cooking time) (GLUTEN, MILK)

Freshly baked buttery croissants

Toast

A selection of either white or brown bread served with a selection of jams or marmalade (GLUTEN, SULPHUR DIOXIDE)

Continental Breakfast - £

Juices

Orange juice, apple juice and grapefruit are provided

Tea & Coffee

Freshly brewed coffee, breakfast tea, Earl Grey or Herbal tea (MILK)

Cereals

Cornflakes, All Bran, Muesli, Special K, Fruit & Nut.
Full fat or semi skimmed milk available (GLUTEN, MILK, NUTS)

Mixed Welsh Yoghurts

Help yourself to the local fruit yoghurts, please ask for natural yoghurt (MILK)

Fruit

A selection of Fresh Fruit and Grapefruit segments and prunes in a Syrup

Toast

A selection of either white or brown bread served with a selection of jams or marmalade (GLUTEN, SULPHUR DIOXIDE)

