

BREAKFAST

BREAKFAST MENU

Kick start the day with a bolstering breakfast fit for champions.

All prices are per person and exclude VAT

(SF Superfoods)

CLASSIC BREAKFAST

Tea, coffee	£1.50
(SF) Green tea and fruit infusions	£1.50
(SF) Tea, coffee, oatmeal cookies	£2.75
Tea, coffee, Danish pastries and croissants	£3.00
Tea, coffee, Welsh cakes and bara brith	£2.75
Tea, coffee, carrot cake, white chocolate and raspberry slice	£3.00

HOT BREAKFAST

Welsh bacon bap or local pork sausage bap (Quorn sausage for vegetarians)	£4.17
(SF) Metabolism boosting warm oatmeal apple pie	£2.65
Pork, apple and fennel sausage rolls, spiced tomato chutney	£2.65

HEALTHY BREAKFAST

Pots of Welsh yoghurt with a choice of the following fillings:	£2.20 each
(SF) Bircher muesli: rolled oats, apple, pear, Hilltop honey	
(SF) Merry berry: mixed berries and acai berries	
Tropical explosion: mango puree, pineapple pieces and toasted coconut	
(SF) Mind over matter: Chia seeds and goji berries	
(SF) Sunflower and pumpkin seed granola bars	£2.20
Oatmeal, bran and banana muffins	£2.20

SWEET BREAKFAST

Mini Dutch pancake bites with dips	£2.65
SF Mini blueberry bran muffins	£2.20
Mini glazed doughnuts	£2.63
Chocolate and mint whoopie pie	£1.75
Chocolate fondant fancy	£1.75
Mini chocolate beignets	£1.75
Gluten free chocolate brownie	£1.75

ENERGISED BREAKFAST

SF Greek yoghurt smoothie	£2.20
Cereal and energy bars	£1.25
Fresh fruit skewers	£1.95
Lucozade and isotonic drinks	£1.50

SAVOURY BREAKFAST

SF Pumpkin and rosemary oat muffin	£1.85
Selection of assorted mini filled bagels	£4.50
Mini croque monsieur	£3.25

NOURISHING BREAKFAST

SF Green tea, herbal tea or infusions	£1.50
SF Healthy green detoxing smoothie	£2.20
SF Dried fruit and nut pick and mix	£3.00
Milk and oat cookie	£3.85
Bananas	£1.25

