

# The Castle

## Breakfast Menu

### *From the Buffet*

#### **Juices**

Orange or Apple

#### **Cereals**

Kelloggs Corn Flakes, Crunchy Nut, Bran Flakes  
Alpen Muesli, Fruit and Fibre, or Weetabix

#### **Continental Selection**

Fresh Fruit Salad, Freshly Baked Pastries, Granola Yoghurt Pots,  
Selection of Seeds & Dried Fruits, Meats and Cheeses

### *From the Your Server*

#### **Toast**

White, Brown or Gluten Free

With butter and a choice of Marmalade, Strawberry Jam or Marmite

#### **Drinks**

Strawberry & Mango Smoothie (£2.50 extra); Breakfast Tea, Coffee or Herbal Teas

### *From the Kitchen*

#### **Full Welsh**

Back Bacon, Pork Sausage, Black Pudding, Grilled Tomato, Fried Mushrooms, Hash Brown & Baked Beans  
Choice of Egg – Fried, Poached or Scrambled

#### **Full Veggie**

Glamorgan Sausages, Hash Brown, Wilted Kale, Fried Mushrooms, Grilled Tomato & Baked Beans  
Choice of Egg – Fried, Poached or Scrambled

#### **Full Vegan**

Smashed Avocado, Wilted Kale, Hash Brown, Fried Mushroom, Grilled Tomato & Baked Beans

#### **Avocado**

Toast, Poached Egg

#### **Castle Welsh Rarebit**

with or without Bacon

#### **Egg & Soldiers**

Two Boiled Eggs

#### **Poached Smoked Haddock**

Soft Poached Egg

#### **Porridge**

Local Honey

#### **Buttermilk Pancakes**

Scrambled Egg, Bacon & Maple Syrup