

Brekwast

Tea

We work with a fantastic tea importers and blenders in Cardiff called **Waterloo Teas**. We have a classic Breakfast, citrusy Earl Gray, a firm Assam and a superb Fujian Green.

Coffee

This is where we've strayed a little from our usually pedantic approach to *local*, we figured that of course we can't grow coffee effectively in Wales, so we really ought to have the best coffee we know. And that's from the **Monmouth Coffee Company**

The sideboard

As it was in 1840, so it is now - please help yourselves to the beautiful selection of cold choices from the buffet, including homemade preserves from **Mrs Karen Williams of Narberth**, soft fruits from **Springfields Farm**, our homemade granola, **Prince's Gate Honey** and **Llaeth y Llan Dairy** natural yoghurt

V, VG, GF and LF adjustments and alternatives available

Cooked breakfast

Andrew Rees Butchers smoked streaky bacon and pork sausage, **Blaencamel Farm** mushrooms and grilled tomatoes, Heinz Baked Beans, a choice of **Debbie's** eggs, made-daily sourdough toasted with **Ty Tanglwyst** salted butter.

Avocado and poached eggs

Smashed avocado on homemade sourdough toasted with **Ty Tanglwyst** salted butter., with **Debbie's** eggs

Ludchurch Smoked salmon and scrambled eggs

with **Debbie's** eggs

Heinz Baked Beans on toast

on homemade sourdough toasted with **Ty Tanglwyst** salted butter.

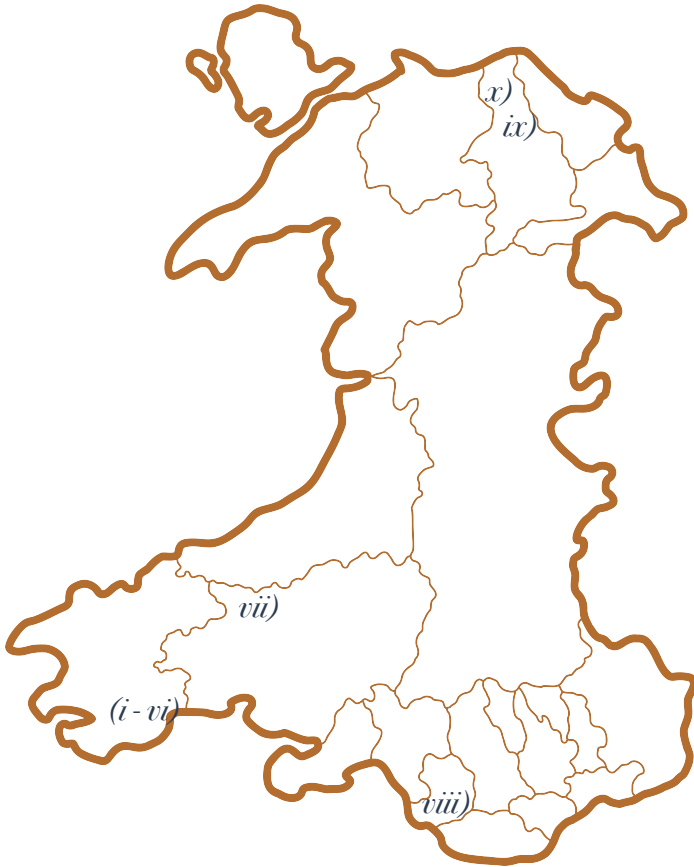
Debbie's Eggs - fried, poached or scrambled

homemade sourdough toasted with **Ty Tanglwyst** salted butter.

Smoked streaky bacon sandwich

homemade sourdough toasted with **Ty Tanglwyst** salted butter.

Tarddiad



- i) Andrew Rees Butchers, High Street, Narberth*
- ii) Springfields Farm, Narberth*
- iii) Ludchurch Farm Fishery*
- iv) Mrs Karen Williams, Narberth*
- v) Debbie's Eggs, Llawhaden*
- vi) Prince's Gate Honey*
- vii) Blaencamel Farm, Lampeter*
- viii) Ty Tanghwyst Farm, Pyle*
- ix) Llaeth y Llan Dairy, Denbigh*
- x) Dylan's Sauces, Conwy*