



Wholefood Continental Breakfast Menu

Choice of:-
Fruit Juice

Natural yoghurt. Apricots, prunes plus
other stewed fruits.

Grapefruit

Choice of cereals - Muesli, bran flakes,
cornflakes, porridge etc.

Poached, /boiled free range egg.

Selection of Welsh Cheeses.

Home-made wholemeal or white bread/
toast. Oatcakes.

Croissants. Honey, marmalade or
home-made jam.

Fruit Bowl available.

Tea, coffee, fruit or herbal tea.