

# THE GEORGE

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RESTAURANT



## Ty Newydd Country Hotel

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# BREAKFAST

## Welcome

*It has been said many times, breakfast is the most important meal of the day. After a long period without eating your blood sugar levels will be low. Skipping breakfast can mean your body will start to crave something sweet and you'll end up snacking on unhealthy foods. Start the day with a filling and nutritious meal and you will give your metabolism a kick start. You'll feel full until lunch time with no temptation to snack your way through the morning. Some studies have also shown that eating breakfast (high carbohydrate/low fat) can make you more alert and assertive to face the day.*

### **Monday - Friday**

7:00am –9:30am

### **Saturday, Sunday & Bank Holidays**

8:00am –9:30am

### **Breakfast Buffet**

*On busier days our hot buffet counter will be in use.*

## From our Cold Buffet

A selection of fruit juices, cereals, pastries and fruits. If the items you require are not on display please ask our waiting staff who will be please to assist you.

### Juices

Selection of juices.

### Cereals

Selection of your favorite cereals.

### Fruits

A choice of segmented and dried fruits.

### Pastries

Selection of Danish pastries and croissants.

### Preserves

Jams, marmalade, honey & marmite for those that dare!

### Yogurt

Selection of low fat yogurts.

## From our Hot Selection

A selection of traditional hot breakfast fayre.

### Eggs

1, 2 or 3 eggs cooked to your liking, fried, scrambled, poached, boiled or omelette.

### Sausages

Our sausages are made locally by our butcher from freshly ground meats with no harmful additives

### Bacon

Our thick cut bacon is unsmoked and free from any added water.

### Mushrooms

### Baked Beans

### Fried Bread

### Tomatoes

### Fried Potatoes

### Toast

White or brown toast served with butter.

### Warm Roll

Your choice of a brown or white home baked roll.

### Welsh Crumpet

Toasted and served with butter.

### Breakfast Muffin

Toasted and served with butter.

### Pot of Tea

Traditional English, Earl Grey, Darjeeling or Assam

### Pot of Coffee

Made with instant granules. Decaf available on request. Coffee is served with Milk.

COLD

HOT

## Beverages

All breakfasts include unlimited pots of tea or coffee. If you prefer fresh ground coffee these can be ordered at extra cost.

### Espresso

Short dark and intense coffee £1.60

### Double Espresso

£2.40

### Americano

Espresso with hot water £1.70

### Café Anglais

Espresso with hot water and milk £1.70

### Café Latte

Espresso with steamed/foamed milk £2.10

### Cappuccino

Steamed/foamed milk with espresso, dusted with chocolate £2.10

### Café Mocha

Espresso with hot chocolate and steamed milk, dusted with chocolate. £2.45

### Hot Chocolate

Rich creamy chocolate with steamed milk and dusted with chocolate. £2.35

## Breakfast

Breakfast is included for all bed & breakfast guest. All breakfasts include your selection from our cold buffet, tea or coffee and hot white or brown toast.

### Continental

£7.95

Choose from our cold buffet selection and the waiting staff will bring you your choice of tea or coffee and hot white or brown toast.

### Full Welsh Breakfast

£9.95

Choose from our cold buffet selection after which the waiting staff will bring you your choice of cooked breakfast from our hot selection.

### Cheese & Meat Platter

£9.95

Thinly sliced Caws Preseli (Welsh Brie), Welsh Cheddar and Oak Smoked Cerwyn with Parma ham and thinly sliced salami. Served with two warm rolls.

### Ty Newydd Welsh Breakfast

£9.95

Welsh crumpet with cockle and laver bread butter. Topped with bacon and a poached egg.

### Kippers

£9.95

Smoked kippers lightly poached.

### Smoked Haddock

£9.95

Smoked haddock lightly poached.

### Duck Egg Benedict

£9.95

Breakfast muffin with locally cured bacon and freshly poach welsh duck egg smothered with hollandaise sauce.