



## Breakfast Menu at Caemorgan Mansion

### Bwydien brecwast yn Plas Caemorgan

We source as many as practical of our products from local or other Welsh sources. Laverbread from the Gower, Cheese from Cernarh, Free Range Eggs and Cured Bacon from local farms and Smoked Salmon from a local Smokery.

From 'Help Yourself' table (Helpwch eich hun o'r ford)

Selection of cereals

Fruit juices

Organic yogurt

Selection of fresh fruit

Freshly prepared to order (Wedi paratoi'n ffres)

Bara Lawr (laverbread "the Welshmans caviar" – Richard Burton)

Eggs Gwyr – Free range fried eggs with Rhydlewis smoked salmon & laver bread or scrambled eggs with Rhydlewis smoked salmon and laver bread

Creamed Welsh Rarebit – a Welsh breakfast dish with scrambled eggs & matured Welsh cheddar.

Eggs Y Cernarh – local poached eggs served on buttered muffin, topped with sliced ham, hollandaise sauce with Caws Cernarh cheese then grilled

Welsh pancakes - *Crempog* with Narberth Maple Syrup

'Full' Cooked Breakfast includes (Brecwast llawn yn cynnwys)

Eggs as you prefer, Tomatoes, Mushrooms, Dry Cured Bacon, Pork or Glamorgan Sausage (vegetarian), Fried Bread, Baked Beans, Laverbread cake (made with Oatmeal and Laverbread) – Please let us know if you want to omit any of the items.

White or Wholemeal Toast

Jams and Preserves

Twinnings Tea Selection and Fresh Coffee

As part of our Sustainable Tourism goals we encourage our guests to order breakfast the night before to minimise food waste. BUT we are of course happy to cook breakfast on demand at anytime from 7am until 9am Monday to Friday and 8 am til 10 am at the weekend (but we won't refuse if our beds are too comfy to get out of and you are late).

Please be aware that some foods may contain nuts, be cooked in utensils that may have contained nuts or traces of nuts and other allergy inducing foods. All of our food is fresh and cooked to order.