

## START YOUR DAY

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### A LIGHTER START £14.50

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Selection of fruit juices,  
tea and filter coffee

White and wholemeal toast

Freshly-baked pastries  
and artisan breads with preserves

Seasonal fruits, melon, pineapple,  
fruit compote, plain and low-fat yoghurts

Selection of cereals, muesli, granola,  
bircher muesli, dried fruits, nuts

Cured meats and cheeses

### WARM AND FILLING £18.50

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Your choice from the  
continental buffet, plus:

British pork and leek sausage,  
cured back bacon, vegan sausage,  
sautéed mushrooms, grilled tomato,  
Heinz baked beans, free-range Welsh  
scrambled eggs

If you'd like any of the  
following, just ask the team:

Black pudding, hash browns, laverbread,  
free-range Welsh eggs cooked as you  
like them

### DRINKS

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Piacetto Espresso speciality coffees  
£3.95

Loose leaf tea,  
herbal and fruit infusions  
£3.95

Selection of fruit juices  
£3.50

### Don't see what you fancy? How about trying one of our a la carte dishes?

Porridge with your choice of milk,  
cream or water and salt. V  
£4.00

Seed porridge, banana, honey. V  
£5.50

Eggs Benedict  
£8.00

Grilled kippers, lemon, parsley  
£8.50

Smashed avocado, poached eggs,  
chilli and lemon on toasted rye. V  
£8.50

Laverbread fritters,  
bacon, poached eggs  
£9.50

Cereal. V  
£3.50

Toast with butter jams and preserves. V  
White / wholemeal / sourdough  
£3.50

Pastries. V  
Danish pastries / croissant / chocolate twist  
£3.00 each

Baker's basket. V  
Danish pastry, muffin, artisan bread,  
butter and preserves  
£6.00

Fruit salad, berry compote,  
natural yoghurt. V  
£6.50

Granola or muesli, dried fruit,  
nuts, coconut yoghurt, honey. V  
£6.50

Breakfast will automatically be charged to your room account if it is not included in your stay. Prices include VAT at 20%.

Gluten-free items and non-dairy milks are available on request. Food allergies and intolerances: we welcome enquiries from guests who wish to know whether dishes contain particular ingredients. Please note: before placing your order please inform a member of the team if anyone in your party has a food allergy.

**THE  
ADMIRAL  
ST DAVID**

