



ORIEL MILGI
BED & BREAKFAST

Oriel Milgi B&B Breakfast Menu Bwydlen Gwely&Brecwast Oriel Milgi

Food allergies & intolerances: Please speak to Anne or Helen about your requirements

Alergedd a methu bwyta bwydydd: Siaradwch ag Anne neu Helen am eich anghenion os gwelwch yn dda

Orange Juice / Sudd Oren

Breakfast tea / Tê Brecwast

Fair trade Earl Grey tea / Tê Masnach Deg Iarll Llwyd

Fair Trade Coffee (Coaltown)(Decaff available)

Coffi Masnach Deg (Coaltown) (Decaff ar gael)

Dark Hot Chocolate / Siocled poeth Tywyll

Organic Porridge with Nutmeg and Foxhill Farm Honey

Uwd Organig gyda nytmeg a mêl fferm Bryn Llwynog

or / neu

Cereals or Granola / Grawnfwyd neu Granola

or / neu

Oriel Milgi Yoghurt / Iogwrt Oriel Milgi

Oriel Milgi Welsh Breakfast / Brecwast Cymreig Oriel Milgi

Local, home-cured bacon and sausage, lavercake, mushrooms, tomatoes or beans, poached egg

Selsig a Chig moch lleol ,cacen baralawr,madarch,tomatos neu ffa pob, wŷ wedi potsio

or / neu

Oriel Milgi Vegetarian Welsh Breakfast / Brecwast Cymreig Llysieuol Oriel Milgi

Griddled local haloumi , lavercake, mushrooms, tomatoes or beans, poached egg

Haloumi ar y maen, cacen baralawr, madarch, tomatos neu ffa pob,wŷ wedi botsio

Toast and butter / Tost a menyn

Locally-produced Foxhill Farm jams, marmalade and honey

Jamiau cynnyrch lleol fferm Bryn Llwynog, marmalêd a mêl

Extra Tea / Mwy o dê £2 *Extra Cafetiere / Mwy o goffi £2 *Extra Hot Chocolate / Mwy o Siocled £2



SUPPLIERS INFORMATION GWYBODAETH AM EIN CYFLENWYR

Tê a Sioched Poeth gan “**Bragdy Barista**” Aberteifi,
“*Coaltown Roasters*” sy’n rhostio’r coffi’n lleol ym Sir Caerfyrddrin.

**Tea and Dark Hot Chocolate is supplied by “Bragdy Barista” Cardigan,
“Coaltown Roasters” who roast the coffee locally in the Carmarthen.**

Mae’r cig moch cartref wedi ei halltu yn lleol a’r selsig lleol i gyd o
Dewi James , Aberteifi & **Siop fferm & Llwyhelyg** .

**Locally-sourced, home-cured bacon and sausages are from
Dewi James in Cardigan & Llwyhelyg Farm Shop.**

Cyflenwir ein wyau buarth gan **Cwmcou**, ar bwys Castell Newydd Emlyn.
Cyflenwir ein wyau o’r pentref pan ar gael.

**Free-range eggs supplied by Cwmcou, near Newcastle Emlyn.
We also source free-range eggs from the village whenever they are available.**

Pobir ein bara aml-rawn a spelt a mêl gan Bopty’r Frenhines, Stryd fawr Aberteifi.
Daw ein mêl, jamiau a maramalêd o fferm Bryn Llwynog, Llandudoch
neu o’r Coach House neu o Siop Premier.

**Our multi-seed and Spelt and honey bread is made by Queen’s Bakery, Cardigan High Street.
The honey, jams and marmalades are from Foxhill Farm, St Dogmaels. These can be bought
from St Dogmaels Local Produce market, Tuesdays 9am – 1pm,
or from the Coach House, or the Premier Shop.**