



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

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 / Grawnfyd neu Granola

or / neu

Oriel Milgi Yoghurt / Iogwrt Oriel Milgi

Oriel Milgi Breakfast / Brecwast Oriel Milgi

‘Cauldron’ sausages, lavercake, mushrooms, tomatoes and beans, poached egg

Selsig ‘Cauldron’, cacen baralawr, madarch, tomatos ac ffa pob, wÿ wedi potsio

or / neu

Oriel Milgi Vegetarian Welsh Breakfast / Brecwast Cymreig Llysieuol Oriel Milgi

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

Haloumi ar y maen, cacen baralawr, madarch, tomatos ac ffa pob, wÿ wedi botsio

or / neu

Pescatarian Breakfast / Brecwast pysgod

Cold Smoked salmon on scrambled egg with dried, toasted laverbread

Eog oer wedi a fygu ar wÿau wedi’i sgramblo gan baralawr wedi sychu

or / neu

Oriel Milgi Vegan Welsh Breakfast / Brecwast Cymreig Vegan Oriel Milgi

Scrambled tofu lavercake, mushrooms, tomatoes and beans

Tofu wedi’i sgramblo, cacen baralawr, madarch, tomatos ac ffa pob

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

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

