



Breakfast  
Menu  
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The Cliff  
RESTAURANT & BAR



## Breakfast Menu

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### Cereals

Corn Flakes (V,W), Rice Krispies (V,W), Coco Pops (V,W,S), Bran Flakes (V,G,D), Frosties (V,G)

### Dried Fruit & Seeds

Apricots (V,SD), Raisins (V,SD), Sunflower Seeds (V), Pumpkin Seeds (V)

### Dairy

Semi-Skimmed Milk (V,D)  
Llaeth y Llan Natural and Fruit Yoghurts (V,D)

### Non-Dairy

Soya Milk (V,S), Oat Milk (V), Almond Milk (V,N), Soya Yoghurt (V,S)

### Bakery Selection

Croissants (V,W,D,E,S),  
Danish Pastries (V,W,N,P,D,E),  
Pain au Chocolat (V,D,G,E,S), White Bread (V,W R,S), Wholemeal Bread (V,W R,S)

### Selection of Fresh Fruit

Melon (V) Orange (V), Pineapple (V),  
Fruit Salad (V)

### The Deli

Sliced Salami (SD), Sliced Ham,  
Sliced Emmental (V,D)

### Fruit Juices

Orange (V), Pineapple (V),  
Grapefruit (V), Cranberry (V),  
Apple (V)

### Coffee

Welsh Roasted Filter Coffee, Latte (V,D), Cappuccino (V,D), Americano, Decaffeinated

### Welsh Brew

Traditional Breakfast, Earl Grey, Assam, Darjeeling, Fruit Herbal Infusions, Decaffeinated





## Breakfast À La Carte

Freshly cooked to order

### Full Welsh Breakfast

Cured back bacon, pork sausage,  
tomato, field mushroom, black  
pudding, hash brown, baked beans,  
fried, poached or scrambled egg

(S,D,E,W,D)

### Plant-Based Welsh Breakfast 🌱

Plant-based sausages, tomato,  
field mushroom, hash brown, baked  
beans, tofu scramble

(V,S,W)

### Eggs Benedict

Roasted ham, hollandaise sauce,  
toasted English muffin

(W,S,D,E,SD)

### Royale Eggs Benedict

Smoked salmon, hollandaise sauce,  
toasted English muffin

(F,W,D,S,E,SD)

### Smashed Avocado

Crème fraîche, poached egg,  
toasted English muffin

(V,W,S,D,E,SD)

### Welsh Cheddar Soufflé

Mushrooms and laverbread,  
braised tomato

(V,W,D,E)

### Breakfast Poké Bowl

Avocado, quinoa, boiled egg,  
Edamame beans, cherry tomatoes,  
sunflower seeds

(V,E,W,S)

### Plain Porridge (V,O)

### Power Porridge

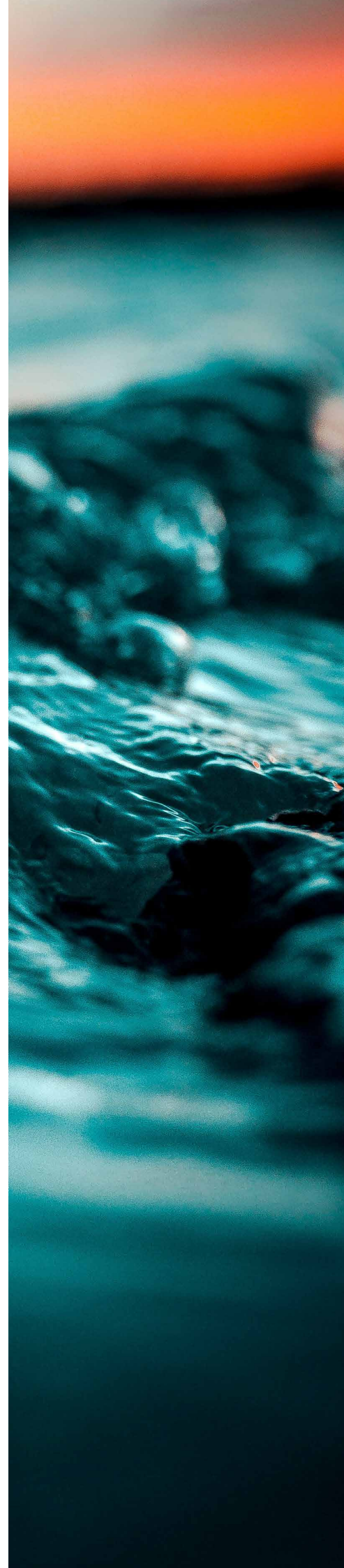
Blueberries, sunflower seeds,  
pumpkin seeds, maple syrup

(V,O)

### Pancakes

Crème fraîche, fruit compote,  
maple syrup

(V,W,D,E)





A discretionary 10% service charge will be added to your bill.

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.

**Gluten Allergy:** (B) Barley, (O) Oats, (R) Rye, (SP) Spelt, (W) Wheat

**Nut (Tree Nut) Allergy:** (A) Almonds, (BN) Brazil nuts, (CN) Cashew nuts, (H) Hazelnuts, (PS) Pistachios, (PN) Pecan nuts, (WN) Walnuts

**Other Allergy:** (C) Celery, (CR) Crustaceans, (D) Dairy/milk, (E) Eggs, (F) Fish, (L) Lupin, (M) Molluscs, (MU) Mustard, (P) Peanuts, (SE) Sesame seeds, (S) Soya, (SD) Sulphur dioxide

**Lifestyle:** 🌱 Plant-based, (V) Vegetarian