

# AROSFA GUEST HOUSE RESIDENTS

## WELSH BREAKFAST MENU

### Bore Da! Eich Brecwast Cymraeg chi.

#### Breakfast Bar

Please help yourself to a cold drink and the selection of fresh fruits, cereals, yogurts & our own muesli – *all on the chilled Breakfast Bar and Cereals Table.*

#### Welsh Grilled Breakfasts

*All Grills except the Lite will be served with pan fried Tomatoes, Mushrooms and toast*

Traditional - 2 Welsh Bacon rashers, Aberaeron pork sausage and a fried egg.

Full Welsh - 3 Welsh Bacon rashers, Aberaeron pork sausage and 2 fried eggs.

Black Pudding - 2 Welsh Bacon rashers, 4 juicy rings of black pudding and a fried egg.

Lite - Welsh bacon, sausage, fried egg & baked beans, toast, (no mushroom/ tomato)

“I’m On Holiday” - 3 Welsh Bacon, 1 smoked bacon rasher, Aberaeron pork sausage

£3 EXTRA

black pudding, laver bread, 2 fried eggs and fried bread.

Welsh Bacon Steak with 2 fried eggs, pineapple, mushrooms and tomato

#### .....For Fish Lovers

Morecambe Bay Kippers - Traditionally smoked and served on the bone.

Filleted Mackerel –Landed in Aberaeron in the season, pan fried, served with lemon.

Smoked Haddock poached in milk.

*All above Fish served with Tomato, Lemon, toast and a Poached Egg.*

Wild “6 Fish” Classic Seafood Chowder with toast and butter

THREE Pyefleet Creek Oysters served on ice with lemon

£8.50

#### Celtic Laver Bread

A delicacy that captures a unique flavour from the seashore, harvested edible seaweed that has been enjoyed for Centuries. Rolled in oats and lightly pan fried in olive oil.

Served with:

\* 2 Welsh Bacon rashers, 1 fried egg

\* West Wales Cockles (when possible) and poached egg

\* Natural Smoked Haddock, poached egg

\*Or for vegetarians served with freshly squeezed lemon

All Laver Bread choices served with mushrooms, tomatoes, toast and butter.

2 Free Range Eggs Boiled, Poached, Fried or Scrambled to your liking with toast

ALLERGIES & DIETARY REQUIREMENTS: Before ordering food and drinks please let our staff know of any allergies, queries or particular requirements. Please request further details on allergens or ingredients.