


Breakfast at... 
NANTEOS


BOILED EGGS
Soldiers

PORRIDGE
Served with Brown Sugar & Honey

POACHED EGGS & BACON


WELSH BREAKFAST
*Locally Sweet Cured Bacon – Sausage
Mushrooms – Grilled Tomato – Beans
Black & White Puddings – Laver Bread
(Eggs made to order)*

VEGETARIAN BREAKFAST
*Glamorgan Sausage
Eggs – Mushroom – Tomato
Laver Bread – Beans
(Eggs made to order)*


EGGS BENEDICT
With Ham, Muffin & Hollandaise

EGGS FLORENTINE
With Spinach, Muffin & Hollandaise

EGGS ROYALE
With Salmon, Muffin & Hollandaise


SMOKED SALMON
Scrambled Eggs

GRILLED BUTTERED KIPPERS
With Eggs (made to order)

SMOKED HADDOCK
With Eggs (made to order)

SCOTCH WOODCOCK
Scrambled Eggs with Anchovy

Whilst extreme care is taken in the preparation of all dishes, some of our ingredients are known allergens, such as eggs, pepper, garlic, wheat flour, celery, fish sauce etc. If you have any allergies, please ask a member of staff who will ensure that your choice is suitable