

Brecwast

Diodydd

Te Brecwast Cymreig

Dewis o De

Siocled Poeth

Coffi Mâl Ffres

Coffi / Te Heb Gaffein

Dewis o Rawnfwydydd / Uwd

Y ffrwythau dyddiol

Ffrwythau sych a chnau

Iogyrtiau ffrwythau amrwyiol

Sudd ffrwythau oer

Brecwast wedi goginio'n ffres

Ffrio – Potsio - Sgramblo

Neu Wyau wedi'u Berwi

Gyda'r canlynol

Bacwn

Selsig

Selsig Llyseiol

Madarch

Tomato

Bara Wedi'i ffrio

Ffa Pob

Wyau wedi'u Sgramblo neu

Potsio ar Dost

Ffa Pob ar Dost

Tost Gwyn neu Frown

Gyda Marmalêd neu Jam

Breakfast

Hot & Cold Beverages

Welsh Breakfast Tea

Selection of Teas

Hot Chocolate

Fresh Ground Coffee

Decaffeinated Coffee / Tea

Selection of Cereals / Porridge

Daily Selection of Fruit

Dried Fruits & Nuts

Natural & Fruit Yoghurts

Chilled Fruit Juices

Freshly cooked Breakfast

Fried – Poached - Scrambled
or Boiled Egg

With any of the following

Bacon

Sausage

Vegetarian Sausage

Mushrooms

Tomato

Fried Bread

Baked Beans

Scrambled or Poached Eggs
on Toast

Baked Beans on Toast

Brown or White Toast
Served with condiments & preserve