

## Wholefood Continental Breakfast Menu



Choice of:-

Fruit Juice

Natural yoghurt. Apricots, prunes plus other stewed fruits.

Grapefruit

Choice of cereals - Muesli, bran flakes, cornflakes, porridge etc.

Poached/boiled /scrambled/omelette/  
free range eggs.

Selection of Welsh Cheeses.

Home-made wholemeal or white bread/  
toast. Oatcakes.

Croissants. Honey, marmalade or home-made jam.

Fruit Bowl.