



## BREAKFAST MENU

*Served daily between 8am and 10am*

*Please submit your order to reception by 3pm the night before and confirm a service time*

Cereal, toast, fresh fruit, yoghurt, juice,  
tea, coffee

&

### FULL BREAKFAST

2 bacon, sausage, grilled tomato, mushrooms, baked beans, 2 eggs (fried, poached, scrambled)

or

### OMELETTE

*Please choose up to 3 fillings*

Bacon, cheese, mushroom, tomato, peppers, onion

or

### EGGS

Eggs Benedict (Ham)

Eggs Hemmingway (Smoked Salmon)

Eggs Florentine (Spinach)

Please note, our menu is annotated to state which meals **contain** the following:

G – Gluten

D - Dairy

V- Vegetarian

E – Egg

S - sulphate

N - Nuts

M - Mollusc

Mu - Mustard

F - Fish

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[www.thenewgowerhotel.wales](http://www.thenewgowerhotel.wales)

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