



BREAKFAST MENU

BWYDLEN BRECWAST

The Big Bull

2 pork sausages, smoked streaky bacon, 2 free-range fried eggs, baked field mushroom, baked tomato, baked beans, toast and butter and a cup of tea or an americano **£12.50 (GFA,E,D,Su,S)**

The Grazing Cow Vegetarian Breakfast

2 Glamorgan sausages, 2 free-range fried eggs, 2 baked field mushrooms, baked tomato, baked beans, toast and butter and a cup of tea or an americano **£11.50 (V,G,E,D,Mu,S)**

Little Calf's Breakfast

Pork sausage, rasher of smoked streaky bacon, free-range fried egg, baked beans, toast and butter and a choice of apple or orange juice, tea or an americano **£7.50 (GFA,E,D,Su,S)**

Upgrade your breakfast coffee to a latte, cappuccino, flat white or mocha for 30p

Bossman Breakfast

2 slices of toast topped with baked beans, mature cheddar and 2 pork sausages **£9.00 (GFA,S,D,G,Su)**

Freshly Baked Breakfast Baguette

Pork sausage, smoked streaky bacon, free-range fried egg **£7.00 (G,Su,D)**

Smoked streaky bacon **£5.50 (G,D)**

Pork sausage **£5.50 (G,Su,D)**

Free-range fried eggs **£5.00 (D,G,E,GFA)**

Guacamole on Toast

Topped with roasted red onions and sundried tomatoes with a light dusting of za'atar **£7.00 (Vg,G,Se)**

Add fried halloumi **£1.50 (D)** or smoked streaky bacon for **£1.75**

Moody Muffin

Warm breakfast muffin, with 2 herby pork sausage patties, free-range fried egg and mature cheddar cheese, served with 2 hash browns **£8.00 (G,S,D,E) May contain (Se)**

Homemade American Pancake Stack

Please choose one of the following options:
Maple syrup and smoked streaky bacon
Blueberry compote and Llaeth Y Llan yoghurt
Warm Nutella **(N) £7.00 (D,G,E,Su)**

Granola Bowl

Homemade honey, almond and pumpkin seed granola topped with Llaeth Y Llan yoghurt and blueberry compote **£6.75 (V,N,G,D,Su)**
Add a sprinkling of milk chocolate chips OR freeze-dried strawberries for **£1.25**

Baked beans on 2 slices of toast £4.25 (G,D)

2 slices of toast and butter £1.50 (G,D)

Add jam, marmalade or honey for **£1.20**

Add onto any breakfast £1.75

Smoked streaky bacon

Slice of black pudding **(G)**

1 pork sausage **(G,Su)**

2 free-range fried eggs **(E)**

Baked tomato **(V)**

Baked field mushroom **(V)**

2 deep fried hash browns **(V) May contain (D,G)**

Baked beans **(V)**

Dietary Markers:

D - Contains Dairy | GFA - Gluten Free Available | G - Contains Cereals (incl Gluten) | E - Contains Egg | Su - Contains Sulphites | V - Vegetarian | Se - Contains Sesame | S - Contains Soy | GF - Gluten Free | VG - Vegan | Mu - Mustard

Please note that whilst we take all possible precautions, we cannot 100% guarantee that there is no cross contamination. Of particular note is anything fried as all fried foods share the same fryer. Please inform a member of staff if you have any allergies.

MOODY COW BISTRO

BREAKFAST MENU BWYDLEN BRECWAST

Brecwast y Tarw

2 selsigen borc, bacwn wedi'i fygu, 2 wŷ wedi'u ffrio, madarchen maes wedi'i phobi, tomato wedi'i bobi, ffa pob, tost a menyn gyda phaned o de neu americano **£12.50 (HGA,W,L,Su,S)**

Brecwast Llysieuol y Fuwch Bori

2 selsigen Forgannwg, 2 wŷ wedi'u ffrio, 2 fadarchen maes wedi'u pobi, tomato wedi'i bobi, ffa pob, tost a menyn gyda phaned o de neu americano **£11.50 (LI,G,W,L,Mu,S)**

Brecwast Bach

Selsigen borc, sleisen o facwn wedi'i fygu, wŷ wedi'i ffrio, ffa pob, tost a menyn gyda dewis o sudd afal neu oren, paned o de neu americano **£7.50 (HGA,W,L,Su,S)**

Uwchraddiwch eich coffi brecwast i latte, cappuccino, coffi gwyn fflat neu mocha am 30c

Brecwast y Bos

2 dafell o dost wedi'u gorchuddio â ffa pob, caws cheddar aeddfed a 2 selsigen borc **£9.00 (HGA,S,L,G,Su)**

Baguette Brecwast Ffres wedi'i Bobi

Selsigen borc, bacwn wedi'i fygu, wŷ wedi'i ffrio **£7.00 (G,Su,L)**

Bacwn wedi'i fygu **£5.50 (G,L)**

Selsigen borc **£5.50 (G,Su,L)**

Wyau maes wedi'u ffrio **£5.00 (HGA,L,G,W)**

Guacamole ar dost

Wedi'i orchuddio â winwns coch wedi'u rhostio a thomatos wedi'u sychu yn yr haul gyda ychydig o za'atar ar eu pennau **£7.00 (F,G,Se)**

Ychwanegwch Halloumi wedi'i ffrio £1.50 **(L)** neu facwn wedi'i fygu am **£1.75**

Myffin Mŵdi

Myffin brecwast cynnes, gyda 2 bati selsig porc perlysieuol, wŷ wedi'i ffrio a chaws cheddar aeddfed, wedi'i weini â 2 hash brown **£8.00 (G,S,L,W)** Gall gynnwys sesame

Pentwr Crempogau Americanaidd Cartref

Dewiswch un o'r opsiynau canlynol:
Surop masarn a bacwn wedi'i fygu
Compot llus ac iogwrt Llaeth Y Llan
Nutella cynnes **(C) £7.00 (L,G,W,Su)**

Powlen Granola

Granola cartref o fêl, almonau a hadau pwmpen wedi'i orchuddio ag iogwrt Llaeth y Llan a chompot llus **£6.75 (LI,C,G,L,Su)**
Ychwanegwch ychydig o ddarnau siocled NEU fefus wedi'u sychu am **£1.25**

Ffa pob ar 2 dafell o dost £4.25 (G,L)

2 dafell o dost a menyn £1.50 (G,L)

Ychwanegwch jam, marmalêd neu fêl am **£1.20**

Ychwanegwch at unrhyw frecwast £1.75

Bacwn wedi'i fygu

Tafell o bwdin du **(G)**

1 selsigen borc **(G,Su)**

2 wŷ maes wedi'u ffrio **(W)**

Tomato wedi'i bobi **(LI)**

Madarchen maes wedi'i phobi **(LI)**

2 Hash brown wedi'u ffrio'n ddwfn **(LI)** gallant gynnwys **(L,G)**

Ffa pob **(LI)**

Marcwyr Deietegol:

L - Yn cynnwys Llaeth | HGA - Heb Glwten Ar Gael | G - Yn cynnwys Grawnfwydydd (gan gynnwys Glwten) | E - Yn cynnwys Wy | Su - Yn cynnwys Sylffidau | LI - Llysieuol | Se - Yn cynnwys Sesame | S - Yn cynnwys Soia | HG - Heb Glwten | F - Figan | M - Mwstard

Sylwch, er ein bod yn cymryd yr holl ragofalon posibl, ni allwn gadarnhau yn llwyr nad oes croeshalogi. Rhywbeth sy'n arbennig o bwysig, nodwch fod unrhyw beth sydd wedi'i ffrio yn rhannu'r un ffriwr â bwydydd eraill sydd wedi'u ffrio. Rhowch wybod i aelod o staff os oes gennych unrhyw alergeddau.