



BREAKFAST MENU

Vale Resort, Hensol, Vale of Glamorgan CF72 8JY
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Helpwch eich hun i'n byrddau bwffe poeth ac oer.
Darperir gwasanaeth wrth y bwrdd i'r gwsteion hynny
nad ydyn nhw'n dymuno gweini'r bwyd eu hunain.

Please help yourself to our hot and cold buffet tables.
Table service is provided for those guests who do not
wish to serve themselves.

BRECWAST O'R BWFFE POETH

Oedolyn **£14.95**
Plentyn* **£7.95**

Dewiswch o blith:

Bacwn Wedi'i Halltu'n Felys	G
Bacwn wedi'i Gochi	G
Selsig Porc Lleol	
Selsig Vegan	VG
Tomatos Eirin Wedi'u Grilio	VG G
Ffa Pôb	VG G
Pwdin Gwaed	
Madarch Wedi'i Grilio	VG G
Hash Browns	VG G
Tatws Aroglus Wedi'i Deisio	VG
Wyu Buarth O Gymru Wedi'u Ffrio, Sgramblo neu eu Potsio	V G
Tost a Chyffeithiau Tost heb glwten ar gael	

O'R BWFFE OER

Gellir dewis:

Grawnfwydydd	V
Crwst Ffres a Teisennau	V
Dewis O Gaws Cyfandirol	V
Haennau Tenau O Gig Wedi'i Halltu	
Salad Ffrwythau Ffres	VG G
Segmentau Oren a Grawnffrwyth	VG G
Aeron Ffres	VG G
Ffrwythau ac logwrt Naturiol	V G
Rhag-Fiotig ac logwrt Pro-Biotig	V G
Sudd Oren, Sudd Llugaeron a Sudd Afal	VG G

PRYDAU ARBENNIG Y PRIF GOGYDD

£5 yn ychwanegol

Wŷ Wedi'i Botsio, Hadog Mwg
Wy Wedi'i Sgramblo, Eog Mwg

DIODYDD

Coffi Mâl Ffres neu heb Gaffein
Tê Brechwast neu De Arbenigol

BREAKFAST FROM THE HOT BUFFET

Adult **£14.95**
Child* **£7.95**

Choose from:

Sweet Cure Bacon	VG
Smoked Streaky Bacon	G
Local Pork Sausages	
Vegan Sausages	VG
Grilled Plum Tomatoes	VG G
Baked Beans	VG G
Black Pudding	
Grilled Flat Mushrooms	VG G
Hash Browns	VG G
Herb Diced Potatoes	VG
Welsh Free Range Eggs Fried, scrambled or poached	V G
Toast and Preserves Gluten free toast available on request	

FROM THE COLD BUFFET

Choose from:

Cereals	V
Fresh Baked Pastries and Muffins	V
Selection of Continental Cheeses	V
Thin Sliced Cured Meats	
Fresh Fruit Salad	VG G
Orange and Grapefruit Segments	VG G
Fresh Berries	VG G
Fruit and Natural Yoghurts	V G
Pre and Pro-Biotics Yoghurts	V G
Orange, Cranberry and Apple Juice	VG G

CHEF'S SPECIALITIES

Additional £5

Poached Egg, Smoked Haddock
Scrambled Egg, Smoked Salmon

BEVERAGES

Freshly Ground or Decaffeinated Coffee
Breakfast or Speciality Teas

All prices include VAT. All weights are approx. prior to cooking. Denotes dishes suitable for - G gluten free, V vegetarian, VG vegan.

The Vale Resort recognises that it works with a comprehensive list of ingredients and menu items may contain or come into contact with one or more of the 14 common allergens. If concerned, please speak to our staff about the ingredients in your meal, when making your order.