



HOTEL, EATERY
& COFFEE HOUSE

BREAKFAST

Here at The Royal Oak we believe that breakfast is definitely the most important meal of the day, so please make the most of our delicious breakfast and start your day the best possible way.

CONTINENTAL £7.50, FULL WELSH BREAKFAST £12.50

Served 7am – 9.30am Monday to Friday, 8am – 10am Saturday and Sunday

Pot of tea or cafetière of coffee served to your table. Please help yourself to our buffet selection.

CONTINENTAL BUFFET

ASSORTED JUICES

Orange, apple, cranberry SD

FRESH FRUIT BASKET

SELECTION OF DANISH PASTRIES D, G, E

SELECTION OF WELSH YOGHURTS

Add berry compote, muesli, seeds, fresh fruit or honey N, D, SE

SELECTION OF CEREALS & MUESLI G, N, SD

MALTED OR WHITE TOAST

Butter, Tiptree preserves G, D

CHEESE SELECTION D

CONTINENTAL MEATS E, D, SD

HOT BUFFET

WELSH BREAKFAST

Smoked bacon, grilled sausage, flat mushroom, baked beans, scrambled egg, grilled tomato G, E, D

COOKED TO ORDER

PORRIDGE

Add berry compote, seeds, fruit or honey F, G, SE, D

NATURAL SCOTTISH SMOKED HADDOCK

Two poached eggs F, E, D

EGGS

Fried, poached or boiled E

ALLERGIES AND INTOLERANCES: *If you or any member of your party are affected by any food allergies or intolerances, please advise a member of our team. We cannot guarantee that any items are completely allergen free due to them being produced in a kitchen that contains ingredients with allergens. All allergens correct at time of printing*

C: Crustaceans / **CE:** Celery / **D:** Dairy / **E:** Eggs / **F:** Fish / **P:** Peanuts / **G:** Gluten / **L:** Lupin
N: Nuts / **MO:** Molluscs / **MU:** Mustard / **S:** Soya / **SD:** Sulphur dioxide / **SE:** Sesame seeds

CHEF'S MESSAGE

Our kitchen team love what they do and our food is cooked fresh so let us know if you are in a hurry. We take great pride in sourcing close to home but venturing further afield across the country to utilise produce which is season's best. Some of our dishes can be made with no added gluten, please ask a member of our team who will be able to advise you.

