

# BREAKFAST MENU

*from Field to Fork*

9AM - 11:30AM

**Penllyn Estate Farm supplies Forage with as much high quality produce as possible including grass-fed Aberdeen Angus Beef, Welsh Lamb, Welsh Pork, free-range eggs, rapeseed oil and honey**

## *Traditional* PLATES

### Full Forage Breakfast

12.5

*Penllyn Leek Sausage, 2x Rashers of Oak Smoked Bacon, Hash Brown, Portobello Mushroom, Beans, Black Pudding, Half Grilled Plum Tomato, a Slice Of Toast and a 2x Choice of Penllyn Estate Free-Range Eggs.*

### The Forage Feast

16.95

*2x Penllyn Leek Sausage, 3x Rashers of Oak Smoked Bacon, 2x Hash Brown, Portobello Mushroom, Beans, Black Pudding, Half Grilled Plum Tomato, 2x Slice of Toast and 2x Choice of Penllyn Estate Free-Range Eggs.*

### Forage Garden Breakfast (V)

12.5

*Halloumi, Avocado, Hash Brown, Half Grilled Plum Tomato, Beans, Spinach, Portobello Mushroom, Slice of Toast and a x2 Choice of Penllyn Estate Free-Range Eggs.*

**Vegan on request**



## *Crackin'* COMBOS



### Smoked Bacon and Avocado Sourdough

12

*Chilli jam and Penllyn Poached Egg*

### Smoked Salmon and Avocado Sourdough

13.5

*Chilli Jam, Penllyn Poached Egg*

### Egg Royale

15

*Smoked Salmon, Wilted Spinach, Penllyn Estate Poached Eggs, Spiced Hollandaise Sauce*

### Halloumi and Avocado Egg Florentine (V)

14

*Grilled Halloumi, Smashed Avocado, Wilted Spinach, Spiced Hollandaise Sauce*

### Toasted Sourdough (V)

3.8

*With Butter and Pot of Jam*

## *Baps & Burritos*

### Oak Smoked Bacon Bap

8.5

*Chilli Jam, Monterey Jack Cheese*

### Penllyn Pork & Leek Sausage Bap

8.5

*Confit Leek, Dijon Mustard Mayo, Monterey Jack Cheese*

### Breakfast Burrito

10

*Bacon, Scrambled Egg, Hash Brown, Monterey Jack Cheese, Avocado, Chipotle Mayonnaise*

### Garden Burrito (V)

10

*Grilled Halloumi, Portobello Mushroom, Scrambled Egg, Avocado, Hash Brown, Chipotle Mayonnaise.*

## *Something* SWEET

### Bara Brith French Toast (V) 10

*Maple Syrup, Flaked Almonds, Whipped Cream, Mixed Berries*



### Homemade Toasted Granola (V) 8

*Granola, Strawberries, Blue Berries, Banana, Penllyn Honey, Llaeth y Llan Yogurt*

**Please see our selection of Ty Melin pastries at the bar**

Here at Forage, we take pride in crafting high-quality dishes with care so it may take a little more time, but we promise it's worth the wait!

**With almost 150 Welsh suppliers, we also source much of our produce from other local businesses which share similar values**

We source fresh, Welsh ingredients directly from Penllyn Estate & other local suppliers wherever possible in our dishes.

**Please inform a member of staff of any dietary requirements.**

N.B. While we do our utmost to accommodate dietary requirements, we do use all allergens in our kitchen and cannot 100% guarantee no cross-contamination.