



HARBOURMASTER
ABERAERON

Brecwast

Archebwch wrth y bar 8.00 – 11.15

Brecwast Cymreig gyda tost	6.50
Cig moch lleol, selsig porc awyr agored, wy wedi'i ffrio, tomato, bara lawr gyda ceirch, madarch.	
Cig moch lleol mewn bwn	3.50
Uwd gyda mêl Cellan	2.00
Wyau wedi'u sgramblo, tost	5.00
Wyau wedi'u sgramblo, eog Rhydlewis wedi'i fygau, tost	6.00
Wyau wedi'u potsio, bacwn, tost	5.50
Caws pôb gyda chig moch	6.50
Tost, jam cartref a menyn	1.80
Ffrwythau ffres a iogwrt Cymreig	4.00
Croissant, marmalêd a menyn	2.00

Lle'n bosibl defnyddiwn gynnyrch lleol o Geredigion - wyau awyr agored Nantyclyd lleol; cig moch Cwm Ystwyth; selsig o fferm Goetre, Llanllwni; a jamiau lleol.

Byddech cystal â rhoi gwybod i ni am unrhyw anghenion deietegaidd arbennig.

Gall y prydau a bara gynnwys cnau.

Ebrill 2010

Breakfast

Please order at the bar 8.00 – 11.15

Welsh Breakfast with toast	6.50
Local bacon, free range pork sausage, fried egg, laverbread with oatmeal, tomato, mushrooms	
Local bacon in a bun	3.50
Porridge with Cellan honey	2.00
Scrambled eggs, toast	5.00
Scrambled eggs, Rhydlewis smoked salmon toast	6.00
Poached eggs, bacon, toast	5.50
Welsh rarebit with bacon	6.50
Toast, home made jam and butter	1.80
Fresh fruit with Welsh yoghurt	4.00
Croissant, marmalade and butter	2.00

Whenever possible we source local products from Ceredigion - local free range Nantyclyd organic eggs; Ystwyth Valley dry home cured bacon; Goetre Farm sausages, Llanllwni; locally made jams.

Please inform us of any special dietary requirements.

Meals and bread may contain nuts.

April 2010