

FREDWELL

M E N U

LLANTWIT MAJOR

B R E A K F A S T

AVOCADO & TOAST

Our Traditional Tartine topped with
Smashed Avocado, Tomato
and Pine Nuts
(Add Boiled Egg) 10.00
1.00

SOURDOUGH TOAST

Two Slices of Thick Sourdough loaf with
your Choice of Butter or Honey
5.00

MORNING OATS

Traditional, Warming Oats made with
Cinnamon Cows Milk and topped with Brown
Sugar
5.00

THE PANCAKES

A Double Stack of Buttermilk Pancakes.
Topped with Locally Seasonal Fruits and
Honey
10.00

B R U N C H

CROQUE MONSIEUR

Our Baked Sourdough Loaf has thick cut,
roasted Ham with French Dijon, Bechamel
and topped with Grated Mozzarella
9.00

THE BRIE AND CRANBERRY

Our Long French Inspired Baguette is filled
with Normandy Brie and locally sourced
Cranberry Jelly then toasted to give a
Satisfying Crunch
10.00

THE VEGAN WAFFLES

Our Sweet Waffles come Topped with
Smashed Avocado and Drizzled with Honey
(vegan for some)
10.00

THE FRENCH TOAST

Our Signature Sourdough French Toast.
Topped with Brown Sugar,
Seasonal Fruits/Berries, Honey & Cream
11.50

THE JACKET POTATO

A Traditionally Baked Potato topped with Brie
& Mozzarella
Drizzled with Honey and accompanied by a
Side Salad
10.00

FETA ON FRENCH

Our Signature Sourdough French Toast.
Served with Whipped Feta Cheese, Chilli,
Chives and Honey
11.50

THE EGGS

Two Poached Eggs on our Traditional
Toasted Tartine and Topped with
Hollandaise Sauce with
Roasted Ham or Smoked Salmon or Rocket
13.00

SALMON & EGGS

Smoked Salmon and Two Scrambled Hens
Eggs top our Traditional Tartine. Served
with Rocket & Honey
11.50

IMPORTANT ALLERGEN INFORMATION

All of our items are created in an environment that contains nuts, seeds, mustard and cereals including Gluten. It would be impossible to remove these items from our Kitchen and Bar and therefore, we cannot accommodate You if you have an Allergy to these items.

If you have an intolerance to Cereals, we are able to replace our Sourdough with a Gluten Free option subject to availability

You must inform us prior to Ordering if you have a dietary requirement that affects your Visit

DRINKS

COFFEE



CAFE LATTE	3.40
CAPPUCCINO	3.40
FLAT WHITE	3.00
CAFE ALLONGE (AMERICANO)	3.00
CAFE NOISETTE (CORTADO)	3.00
ESPRESSO	2.70
CAFE MOCHA	3.40

SPECIALTY



PISTACHIO LATTE	4.25
LAVENDER CAFE LATTE	5.00
CREME BRULEE CAFE LATTE	4.95
SPANISH CAFE LATTE	6.75
THE RUM LATTE	4.85
CHAILLATTE	4.85
TURKISH DELIGHT CHOCOLATE	4.25

CHOCOLATE

PISTACHIO & ROSE	4.25
CLASSIC MILK CHOCOLATE	3.40
BELGIUM WHITE CHOCOLATE	3.40
NUTELLA CHOCOLATE	4.25

TEA

WELSH BREAKFAST / EARL GREY / JASMINE / PEPPERMINT

