

FREDWELL
SPRING

M E N U

LLANTWIT MAJOR

B R E A K F A S T & B R U N C H

TRUFFLED CHAMPIGNON

Pan Fried, Field, Seasonal Mushrooms are Combined with Sea Salted Welsh Butter, Newton Cream & Garlic, then set onto our Traditional Sourdough and topped with a Shaving of Black Truffle

14.00

THE FRENCH TOAST

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

12.00

FROMAGE TROIS

Our Selection of Seasonal French & British Cheeses. Served with Toasted Sourdough, Balsamic Vinegar & Oils
(Perfect for One as a Meal or two as a Snack)

16.00

THE SALAD

A Rich Selection of Seasonal Leaves, Elusive Tomatoes, Nuts, Toasted Seeds, Balsamic Vinegar, Olives and your Choice of Butterfly Chicken Breast

or
A Selection of Seasonal Cheese

13.00

WAFFLE BENEDICT

Two Scrambled Hen Eggs on a Sweet Waffle and Topped with Hollandaise, Paprika, Sesame Seeds and Smoked Butchers Ham

13.50

GOAT ON FRENCH

Our Signature Sourdough French Toast. Served with Whipped Goats Cheese, Chilli, Chives and Honey
Add Bacon - 2.00

13.00

AVOCADO & TOAST

Our Traditional Tartine topped with Smashed Avocado, Tomato and Pine Nuts

Add Egg
2.00

12.00

THE PANCAKES

A Stack of Buttermilk Pancakes. Topped with Seasonal Berries and Drizzled with Honey

12.00

BOURSIN SALMON BITES

Lemon Zested Scottish Smoked Salmon sit atop of a British Boursin Cheese and Sourdough then topped with Red Onion and Chive.

12.00

THE BAKED CROQUE

Our Deconstructed take on the Traditional Sandwich. A wedge of Baked Brie sits atop of two Slices of Smoked Ham and a tranche of Toasted Sourdough. Served with Dijon Mustard & a Side Salad

13.00

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

D R I N K S

C O F F E E

CAFE LATTE	3.90
CAPPUCCINO	3.90
FLAT WHITE	3.30
CAFE ALLONGE (AMERICANO)	3.30
CAFE NOISETTE (CORTADO)	3.30
ESPRESSO	3.00
CAFE MOCHA	3.90

S P E C I A L T Y

PISTACHIO LATTE	5.00
LAVENDER CAFE LATTE	5.00
CREME BRULEE CAFE LATTE	6.00
SPANISH CAFE LATTE	6.00
THE RUM LATTE	5.00
CHAI LATTE	4.85
TURKISH DELIGHT CHOCOLATE	5.00

C H O C O L A T E

PISTACHIO & ROSE	5.00
CLASSIC MILK CHOCOLATE	3.90
BELGIUM WHITE CHOCOLATE	4.00
NUTELLA CHOCOLATE	5.00

B U B B L E S

PROSECCO (BOTTLE)	30.00
HOUSE RED (MINI BOTTLE)	9.00
HOUSE WHITE (MINI BOTTLE)	9.00
LAVENDER LEMONADE	2.50

T E A

WELSH BREAKFAST / EARL GREY / JASMINE / PEPPERMINT

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