



Morning & Afternoon Breaks

From morning pick-me-ups to afternoon indulgences, our refreshment options are designed to keep guests energised throughout the day.

Please note all menus are samples and are subject to change.
(SF - Superfoods)

Freshly Brewed Tea & Coffee

Freshly brewed tea and coffee (V)

- + Welsh cakes (V, W, E, D, SD)
- + Welsh biscuit selection (V, W, D, E, S)
- + Welsh cakes and bara brith (V, W, D, E, SD)
- + Danish pastries and croissants (V, D, E, W, S, H)
- + Strawberry Victoria sponge (V, D, W, E)
- + Carrot cake (V, D, W, S, E)

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens, ingredients, or our suppliers' manufacturing processes are completely allergen-free.

Gluten Allergy: (B) Barley, (O) Oats, (R) Rye, (SP) Spelt, (W) Wheat

Nut (Tree Nut) Allergy: (A) Almonds, (BN) Brazil nuts, (CN) Cashew nuts, (H) Hazelnuts, (PS) Pistachios, (PN) Pecan nuts, (WN) Walnuts

Other Allergy: (C) Celery, (CR) Crustaceans, (D) Dairy/milk, (E) Eggs, (F) Fish, (L) Lupin, (M) Molluscs, (MU) Mustard, (P) Peanuts, (SE) Sesame seeds, (S) Soya, (SD) Sulphur dioxide

Lifestyle: 🌱 Plant-based, (V) Vegetarian, (SF) Superfoods

Morning & Afternoon Breaks

Morning Breaks

Hot Breakfast

Freshly brewed tea and coffee, with bacon roll (W)

Sweet cured bacon in sourdough bun (W)

🌿 Vegetarian sausage in sourdough bun, spiced tomato relish (V, W)

Healthy Breakfast

Welsh yoghurt with a choice of the following fillings:

SF Spiced rhubarb & ginger topped with flaked almonds (V, A, D)

SF Overnight oats, quinoa, apple, pear, Welsh honey (V, D, W, SD)

SF Mixed berries with Welsh honey and açai berry powder (V, D)

SF Tropical mango & pineapple with toasted coconut (V, D)

Plant-Based Breakfast

🌿 SF Banana, almond and vanilla smoothie (V, S, A)

🌿 SF Blueberry, coconut and pecan oatmeal (V, S, PN, W)

🌿 SF Chocolate, ginger and seeds pudding pot (V, S)

🌿 SF Fresh fruit skewers (V)

🌿 SF Whole fruits selection including bananas, apples, clementines (V)

Sweet Breakfast

🌿 Gluten-free chocolate brownie (V, S)

SF Cinnamon apple & custard choux (V, W, D, E, S)

SF Banana and oat muffins (V, W, D, E, SD)

SF Blueberry bran muffins (V, W, E, D)

SF Sunflower and pumpkin seed granola bars (V, W, D)

Energised Breakfast

SF Welsh Greek-style yoghurt and fruit smoothie (V, D)

🌿 SF Fresh fruit smoothie (V)

🌿 SF Fresh fruit skewers (V)

Tropical mango and coconut lassi, Welsh yoghurt (V, D)

Ginger, turmeric & mango smoothie (V, D)

Cereal bars (V, W, A, WN, S)

American Bagels

American bagels with the following fillings:

Smoked salmon, lemon cream cheese and cucumber (F, D, W, B)

Prosciutto and Welsh cheddar, tomato chutney (W, D, SD, B)

Buffalo mozzarella and sun-blushed tomato with rocket pesto (V, W, B, D)

🌿 Mashed avocado, Bombay chickpea and mixed seeds (V, W, B)

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Afternoon Breaks

Mind, Body & Soul Break

Freshly brewed tea and coffee (V)

🌿 SF Kale, ginger and watercress green juice (V)

🌿 SF Fresh fruit skewers (V)

🌿 SF Granola bar (V, W)

🌿 SF Watermelon wedge with olive oil and lime (V)

Healthy Break

Freshly brewed tea and coffee (V)

🌿 SF Selection fruit juices (V)

🌿 SF Iced water infusion (V)

🌿 SF Fruit soy yoghurt with granola (V, S, W, SD)

🌿 SF Fresh fruit and seasonal berries platter (V)

Energy Break

Freshly brewed tea and coffee (V)

🌿 SF Banana, kiwi and apple smoothie (V, D)

SF Cinnamon apple and custard choux bun (V, W, D, E, S)

🌿 SF Fresh fruit and seasonal berries platter (V)

Mind, Body & Soul Muffin Break

Freshly brewed tea and coffee (V)

SF Blueberry bran muffin (V, W, E, D)

SF Oatmeal, bran and banana muffin (V, W, E, D)

SF Greek yoghurt & pistachio muffin (V, W, E, D, PS)

Luxury Break - Treat Yourself

Freshly brewed tea and coffee (V)

SF Strawberries with vanilla sweet cream (V, D)

SF Fruit tartlet (V, W, D, S)

Assorted flavour macarons (V, E, D, W, S, A)

SF Walnut brownies with salted caramel drizzle (V, W, D, E, S, WN)

Waffle Break

Freshly brewed tea and coffee (V)

Freshly cooked low-sugar bran waffles (V, W, E) with the following toppings:

🌿 Strawberries (V)

Nutella (V, H, S, D)

🌿 Blueberries (V)

Marshmallow (V, E)

🌿 Maple syrup (V)

Vanilla whipped cream (V, D)

🌿 Almonds (V, A)

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Afternoon & High Tea Buffet Menu

Sweet treats for an afternoon pick-me-up.

Cream Team

Freshly brewed Welsh tea and coffee (V)

Hand-baked scones with jam and cream (V, W, D, SD, E)

Sweet Afternoon Tea

Freshly brewed Welsh tea and coffee (V)

Scones with strawberry jam and cream (V, W, D, S, E)

Chef's selection of three pastries

High Tea

Includes the Sweet Afternoon Tea, plus a selection of finger sandwiches:

Cucumber & cream cheese (V, D, W, S)

Honey roasted ham with wholegrain mustard (W, S, MU)

Egg mayonnaise and cress (V, E, W, S)

Roasted chicken with curried mayo and lettuce (W, S)

Gluten-free & plant-based options available on request.



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