

# Breakfast Menu

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THE SORTING  
ROOM





## Our Story

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In the grand rooms of the old Post Office, once filled with hand-written letters and brown-paper packages, now there are glittering chandeliers and plush leather sofas.

Inspired by the traditional methods used in these very rooms to sort the mail by hand, The Sorting Room logo represents the shapes and patterns of rows of letters, postage stamps and paper envelopes, all neatly stacked into pigeon holes ready to be delivered.



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## Breakfast Buffet

*Guests on a bed and breakfast inclusive stay may choose from all items below which are displayed on our breakfast buffet.*

### Cereals

*Corn Flakes (V,G), Rice Krispies (V,G),  
Coco Pops (V,G,S), Bircher Muesli (V,G,D)  
and Alpen (V,G,N,P,S)*

### Dairy

*Semi-skimmed milk (V,D)  
Llaeth y Llan natural and fruit yoghurts  
(V,D)*

### Non-Dairy

*Soya milk (V,S), oat milk (V,G), almond  
milk (V,N), soya yoghurt (V,S)*

### Bakery Selection

*Croissants (V,G,D,S,E), blueberry muffins  
(V,G,D,E,S), chocolate muffins (V,G,D,E,S),  
Danish pastries (V,G,N,P,D,E), pain au  
chocolat (V,D,G,E,S), white bread (V,G,S),  
wholemeal bread (V,G,S), artisan bread  
loaves (V,G), Welsh cakes (V,G,D,E)  
Served with jam, marmalade and honey (V)*

### Selection of Fresh Fruit

*Melon (V), orange (V), grapefruit (V),  
pineapple (V), fruit salad (V)*

### The Artisan Deli Board

*Salami Milano, sliced ham, Severn & Wye  
Smokery smoked salmon (F)*

### Cheese Selection

*Perl Wen (V,D), mature Cheddar (V,D),  
sliced Emmental (V,D)*

### Hot Buffet

*Locally made pork sausage (SD), Welsh  
cured back bacon (SD), sautéed mushrooms  
(V), baked beans (V), baked tomatoes (V),  
sautéed 'tatws pum munud' potatoes (V),  
eggs – fried (V,E) or scrambled (V,E,D)*

### Coffee

*Welsh roasted filter coffee, latte (V,D),  
cappuccino (V,D), Americano*

### Welsh Brew Tea

*Traditional Breakfast, Earl Grey, Assam,  
Darjeeling, fruit herbal infusions,  
decaffeinated*

# Breakfast À La Carte

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## Go Continental

*Includes your choice from our cold breakfast buffet selection*

18.95

## When In Wales

*Includes your choice from our full hot and cold breakfast buffet selection*

28.00

## Basket of Morning Pastries

*Croissant (V,G,D,S,E), blueberry muffin (V,G,D,E,S), chocolate muffin (V,G,D,E,S), Danishpastry (V,G,N,P,D,E) and pain au chocolat(V,D,G,E,S), served with butter (V,D) or low fat margarine (V) and preserves (V)*

9.95

## Toast

*Two slices of white or wholemeal bread (V,G,S), served with butter (V,D) or low fat margarine (V) and preserves (V)*

3.95

## Celtic Scrambled Eggs

*With Severn & Wye Smokery smoked salmon (F,E,D)*

14.50

## Omelette

*Classic three-egg free range omelette with your choice of Cheddar cheese, mushrooms or ham (D,E)*

12.50

## Grilled Kippers

*Lightly salted saltwater herrings, dried and cold smoked, served with butter and lemon (F,D)*

11.95

## Parkgate Hotel Oat Porridge

*With double cream and full fat or semi-skimmed milk (V,G,D)*

6.95

## Eggs Benedict

*Two poached eggs on a toasted muffin topped with ham and hollandaise sauce (E,G,D,SD)*

12.50

## Celtic Eggs Benedict

*Our breakfast speciality – two poached eggs on a toasted muffin with Severn & Wye Smokery smoked salmon, topped with hollandaise sauce (E,F,G,D,SD)*

14.50



# Breakfast Beverages

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## Coffee

*Welsh roasted coffee, Americano,  
cappuccino (D), single espresso, latté (D)  
or decaffeinated*

4.45

## Non-Dairy Milk

*Soya milk (V,S), oat milk (V,G),  
almond milk (V,N)*

## Welsh Brew Hot Chocolate

*Reduced sugar*

5.45

## Fruit Juices

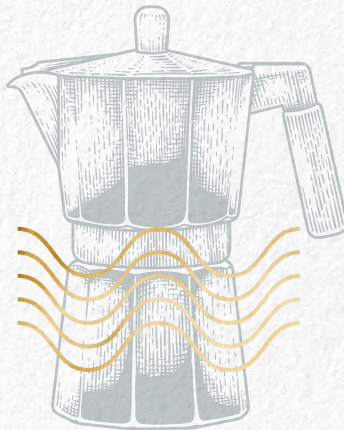
*Orange (V), pineapple (V), grapefruit (V),  
cranberry (V), apple (V) or fresh fruit  
smoothie (V,SD,D)*

3.50

## Welsh Brew Tea

*Traditional Breakfast, Earl Grey,  
Assam, Darjeeling, fruit and herbal  
infusions, decaffeinated*

4.45



# Breakfast Beverages

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Prosecco Spumante doc Borgo Alato

*125ml 9.90 bottle 46.95*

Prosecco Barocco Rosé

*bottle 47.95*

Laurent-Perrier La Cuvée

*125ml 17.95 bottle 89.95*

Bloody Mary (C)

14.50

Kir Royale (SD)

15.95

Mimosa (SD)

14.00

*A discretionary 10% service charge will be added to your bill. Please advise us of any food allergies.*

*Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.*

✓ Plant-based, (V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts,  
(P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans,  
(M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard,  
(Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.



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