

BLAS FULL BREAKFAST

11.95

PORK AND LEEK SAUSAGE, BACK BACON, ROAST CHERRY TOMATOES, FIELD MUSHROOMS, BAKED BEANS, BUBBLE AND SQUEAK HASH OR HASH BROWN, BLACK PUDDING, WELSH FREE-RANGE EGG (YOUR WAY) AND TOASTED SOURDOUGH

BLAS WELSH BREAKFAST

11.95

PORK AND LEEK SAUSAGE, LAVERBREAD CAKE, COCKLES, BACK BACON, MUSHROOM, ROASTED CHERRY TOMATOES, WELSH FREE-RANGE EGG (YOUR WAY) AND TOASTED SOURDOUGH

BLAS VEGGIE BREAKFAST (v)

11.95

GRILLED HALLOUMI, AVOCADO, VEGGIE SAUSAGE, ROASTED CHERRY TOMATOES, FLAT FIELD MUSHROOM, BAKED BEANS, WELSH FREE-RANGE EGG (YOUR WAY) AND TOASTED SOURDOUGH

BLAS VEGAN BREAKFAST BOWL (ve)

9.95

VEGAN MEATBALLS, TOMATO, HASH BROWN PUFFS, ROASTED VEGETABLES, SLICED AVOCADO AND TOAST

EGGS BENEDICT

9.95

WELSH FREE RANGE POACHED EGGS WITH CRISPY PANCETTA AND HOLLANDAISE SAUCE ON BAGEL

EGGS ROYALE

10.95

WELSH FREE RANGE POACHED EGGS WITH SMOKED SALMON AND HOLLANDAISE SAUCE ON BAGEL

EGGS FLORENTINE WITH CHEESE (v)

8.95

WELSH FREE RANGE POACHED EGGS WITH SPINACH ON BAGEL COVERED WITH CREAMY CHEESE SAUCE

SMOKED SALMON RISOTTO (gf)

10.95

WITH POACHED EGG

AVO ON TOASTED SOURDOUGH (v)

9.95

SMASHED AVOCADO ON TOASTED SOURDOUGH, ROCKET, FETA, CHILLI OIL, ROASTED CHERRY TOMATOES, WELSH FREE-RANGE POACHED EGGS

STEAK AND EGGS

14.95

WITH HASH BROWN PUFFS, PARMESAN, AND SRIRACHA MAYO

TOASTED BLOOMER

3.95

WITH WELSH JAM (VE) OR LOCAL WELSH HONEY (V)

CHILDREN'S BREAKFAST

6.95

SAUSAGE, BACON, FRIED EGG, TOAST AND BEANS

SOUP OF THE DAY

6.95

WITH WELSH BUTTER AND WARM BREAD

BAGELS

SERVED WITH CRISPS - UPGRADE TO FRIES FOR £1

ROAST STRIPLOIN AND CHEDDAR

11.95

WITH PEPPERS AND ONIONS

CHICKEN, PESTO, AVO AND CHORIZO

10.95

SHREDDED CHICKEN WITH ROCKET, PESTO, MAYO AND CHORIZO

BLT

9.95

BACK BACON WITH ICEBERG LETTUCE AND TOMATO

COD GOUJON

9.95

WITH TARTAR SAUCE, ROCKET LEAF SALAD AND GHERKINS

VEGAN MEATBALL ARRABBIATA (ve)

8.95

WITH VEGAN MOZZARELLA

VEGAN FETA AND AVO (ve)

8.95

WITH ROCKET AND PEPPERS

GRILLED HALLOUMI (v)

8.95

WITH CHILLI JAM AND ROCKET

BREAKFAST BAGEL

9.95

SAUSAGE PATTY, BACON AND MINI OMELETTE

SMOKED SALMON AND CREAM CHEESE

9.95

PANCAKES

BACON AND MAPLE SYRUP

8.95

STRAWBERRY AND NUTELLA

8.95

BERRIES AND CLOTTED CREAM

7.95

CHOCOLATE S'MORES

8.95

EXTRAS

TOASTED TEA CAKE WITH JAM AND WELSH BUTTER

3.95

SCONE WITH JAM AND WELSH CLOTTED CREAM

3.95

CAKES AVAILABLE IN THE CAKE STAND