



Fredricks  
AT MACHYNYS

BREAKFAST

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## CONTINENTAL


Warm Croissant, butter, jam & marmalade **£1.95**

Toast – white/granary, butter, jam & marmalade **£1.95**  

A selection of 2 Danish pastries **£3.95**

## BREAKFAST

English breakfast – thick cut or steaky bacon, sausage, beans, tomatoes, mushroom, hash brown, black pudding, choice of egg & a slice of toast **£7.95**

Machynys breakfast – Diced avocado & tomato on toast, poached eggs & Glamorgan sausages **£7.25** 

Vegan breakfast – Vegan sausages, hash brown, baked beans, mushroom & tomatoes **£7.25**  

Machynys pancakes- Steaky bacon, scrambled eggs **£7.25**

Omelette – choice of 2 fillings – bacon, cheese, mushrooms or tomatoes **£7.50**

Eggs on toast – you decide – fried, poached or scrambled **£4.95**

Granola – topped with fruit compote, yoghurt & Machynys pure honey **£3.95**

Vegan granola – with oat milk & fruit compote **£3.95**  

Pancakes – fruit compote, yoghurt, Machynys pure honey **£4.25**

Vegan Pancakes – fruit compote & Machynys pure honey **£4.25** 

## BAPS

Bacon Bap – 2 slices of back bacon **£4.25**

Sausage Bap – 2 pork sausages **£4.25**

Fried Egg Bap **£3.95** 

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No items can be substituted on the breakfasts

Sides can be added from £1.00

If you have any dietary requirements, please speak with a member of the team.

 Vegetarian Dish

 Vegan Dish