Fredricks

AT MACHYNYS

BREAKFAST

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Freshly prepared breakfasts using quality ingredients, served at Fredricks at Machynys:

Monday - Wednesday: 9am - 11am
Thursday - Saturday: 8am - 11am
Sunday: 9am - 11am

CONTINENTAL

Toast £3.95
White or granary, butter, jam & marmalade

Continental Board £8.95
Sourdough toast, croissant, butter, jam & marmalade, seasonal fruit & overnight muesli

HEALTHY START

Overnight Muesli £8.70 (V)
A hearty mix of oats, sultanas, dried apricots, fresh apple, honey, and milk — all combined and soaked overnight for natural sweetness and softness

Granola £8.70 (V)
Yoghurt with seasonal berries, banana, peanut butter and Machynys honey

BREAKFAST DISHES

Traditional Breakfast £12.95
Thick-cut bacon and sausage, grilled tomatoes, mushrooms, baked beans, hash brown, black pudding, free-range egg, and sourdough toast

Machynys Breakfast £10.95 (V)
Avocado and tomatoes with Greek-style cheese, free-range poached egg, toasted pine nuts, olive oil, served on sourdough

Eggs Royale £12.95
Smoked salmon and two free-range poached eggs, topped with hollandaise sauce and served on a toasted croissant

Eggs Benedict £11.95
Two free-range poached eggs with smoked streaky bacon and hollandaise sauce, served on a toasted croissant

Eggs on Sourdough £8.95
Two free-range eggs cooked your way: poached or scrambled, served on toasted sourdough

Vegan Breakfast £9.70 (VG)
Vegan sausage, baked tomatoes, mushrooms, baked beans, hash browns, and toasted sourdough

Pancakes £10.95 (V)
Fluffy pancakes topped with seasonal berries, yoghurt, peanut butter, Machynys honey and chocolate sprinkles

Baps £6.95
Bacon, sausage, Glamorgan sausage (V), vegan sausage (VG), or free-range egg bap

EXTRAS

Hash browns / Bacon / Sausage / Avocado / Mushrooms / Egg £1.50 each

No items can be substituted on the breakfasts.

If you have any dietary requirements, please advise your server. We cannot 100% guarantee that any dish is allergen free. As your safety is our primary concern, if you have any allergies we request that you think carefully before placing your order. Allergies can be life threatening.

(V) *Vegetarian Dish* (VG) *Vegan Dish*