



Tintern Old Rectory B&B

Good Morning!

We hope you slept well and would like to help start your day while we prepare a freshly cooked breakfast

Fruit Juice

All our juices are 100% real pressed fruit

We have a lovely selection of special juices, which includes:

Apple Rhubarb, Orange Mango, Orange Raspberry, Mango Passionfruit as well as the dear favorites of Orange and Pink Grapefruit

Hot Drinks

Our filter coffee is fair-trade organic, regular or decaffeinated

Tea, the best from Yorkshire, where they really understand tea

Herbal and organic teas, please ask for selection

Fruit Salad

Anika creates fruit salad daily using available and inspiring fresh fruit

If you stay more than once, you'll find no two mornings are the same, she always tries to outdo herself

Organic Yoghurt

Perhaps you might agree, we think the very best yoghurt is Rachel's, and it is Welsh!

Cereals

Our cereals are carefully chosen by Anika to ensure the finest, mostly organic, cereals available

Delicious, gluten free options are always included.

Organic Milk

Full Welsh milk is served on your table, Low fat milk on the cereal table

We also have Soy milk, please ask

Bread

We bake our own bread using the finest organic flour from Wessex Mill.

Nutty Six Seed, Pumpkin Seed White and Sunflower Wheat are some of our favorites)

Jams & Jellies

Lovely, imaginative, locally produced jams, honey and marmalade.

Bramble, Rhubarb and Lime Marmalade are popular favorites

Meats and Eggs

Our meats come from Wye Valley Sawage and Bacon just 6 miles away in St. Briavels.

(ask Ian for 'Yogi's stolen pigs' story)

Our Eggs are from proper happy chickens, organic, local free-range - poached, scrambled, boiled or fried

Baked Beans are also available



Tintern Old Rectory

*We source local, organic produce as much as possible.
Please mix and match everything to your fancy.*

Wye Valley Traditional Breakfast

Egg, sausage and bacon (the best in the valley)

Grilled tomatoes with parmesan

Mushrooms

Ian's homemade pan-fried potatoes

Homemade toasted bread, jams, creamy local honey

We also have Linda McCartney's veggie sausages (but we think our Glamorgans are better)

And from the Sea...

Kippers

We have wonderful Scottish kippers and smoked Mackerel, lovely topped by a poached egg.

Smoked Salmon

Ian's smoked salmon omelettes are truly delicious, or simply try smoked salmon with scrambled eggs.

Arbroath Smokies

A special Scottish experience - Haddock smoked slowly over a fire, lightly salted - unique and very smoky

Welsh Breakfast Dishes

Very Welsh specialties, try topped with poached egg and grilled tomato

Glamorgan 'sausage'

Vegetarian patty with Glamorgan cheese, leeks, breadcrumbs, onions and herbs .

Potato pancakes with Cockles and Laverbread

Delicious Waffles

With proper organic Canadian Maple Syrup, and also locally made strawberry syrup.

Try bacon, baked in maple syrup, and poached egg on a waffle

And Omelettes

Ian makes wonderful 2 egg omelettes

Try it with cheese and onion, smoked salmon, bacon or spinach
