



Breakfast menu

Breakfast served 8.30am-11.30am | Lunch menu served 12.00pm-3.30pm | Evening meals from 6.00pm Tuesday-Sunday

Breakfasts

Classic breakfast: one local pork sausage, two rashers of bacon, bubble & squeak, one free range egg fried or poached, Heinz baked beans, one slice of hand-cut *Loafley* white or granary toast **£6.60**

Big buoy breakfast: two local pork sausages, two rashers of bacon, bubble & squeak, black pudding, fried mushrooms, two free range eggs fried or poached, Heinz baked beans, two slices of hand-cut *Loafley* white or granary toast **£8.60**

Veggie breakfast: bubble & squeak, fried mushrooms, two free range eggs fried or poached, Heinz baked beans, grilled tomato, two slices of hand-cut *Loafley* white or granary toast (v) **£6.60**

Kids breakfast: scrambled egg, one local pork sausage, Heinz baked beans and one slice of hand-cut *Loafley* white or granary toast **£3.95**

Add any breakfast item to your plate for an extra **£1.00**

On *Loafley* toast or in a sandwich

Smoked salmon and scrambled eggs **£6.75**

Two poached, fried or scrambled eggs **£3.75**

Thick cut unsmoked back bacon or local pork sausage **£3.75**

Baked beans **£3.25**

Just butter **£1.25**

Peanut butter, Marmite or Nutella **£1.95** | Jam, honey or marmalade **£1.55**

One slice of toast **60p**

Porridge

Warm porridge served with...

Berry compote and sugar **Lg £3.75 | Sml £2.75**

Jam, Nutella or honey **Lg £2.50 | Sml £1.50**

Runny honey, chopped banana and toasted almonds
Lg £4.00 | Sml £3.00

American style pancakes

Homemade pancakes served with...

Bacon and maple syrup **£6.25**

Berry compote and cream **£5.95**

Golden syrup or Nutella **£4.95**

Add extra toppings for **£1.00 each**

A bit about our bread... Have you heard of *Loafley Bakery & Deli co.*? It's our sister business on Upper Frog Street. We're proud to say that all the bread served at The Mooring is made there. We don't add any unnatural raising agents or chemicals to our dough which means it not only has a delicious flavour, it has a proper crust, too. No two slices are the same – and that's just the way we like it!

PLEASE NOTE: We will do our very best to accommodate any specific dietary requirements or intolerances, for allergy advice please ask to see our allergens information sheets. Gluten free bread is available.

Mother's

Restaurant • Cafe



Pastries and cakes

Toasted *Loafley* teacake with butter and hot drink **£3.60**

Warm homemade scone, clotted cream or butter, jam and a hot drink **£4.60**

Also see our counter for today's selection of *Loafley* cakes

Coffee, hot chocolate and milky drinks

Americano, served with milk on the side			£2.00
Cappuccino or Latte, made with a double shot			£2.50
Mocha, made with a double shot and hot chocolate			£2.60
Chai latte, made with Chai spices and steamed milk			£2.60
Flat White, made with a double shot			£2.40
Espresso	Single £1.50	Double	£1.70
Macchiato	Single £1.60	Double	£1.80
Hot chocolate - white or milk			£2.60
Kids hot chocolate			£1.60
Babyccino			£0.60
Frappé latte, made with a double shot and frozen yoghurt			£3.80

Milkshakes – made with frozen yoghurt and your choice of flavours:

Strawberry, Banana, Blackcurrant, Chocolate and Salted Caramel **£3.50**

Add a syrup to any drink	£0.30
Add marshmallows to any drink	£0.40
Add squirry cream to any drink	£0.50
Add mini Oreos	£0.40

Tea

Welsh Brew English Breakfast tea **£1.50**

Teapigs flavoured teas **£1.80**

These include...

Lemon and Ginger, Liquorice and Peppermint, Chai tea, Super Fruit, Chamomile Flowers, Mao Feng Green Tea, Rooibos (Red Bush), Earl Grey, Peppermint Leaves, Apple and Cinnamon

Soft drinks

Fentiman's Elderflower or Ginger Beer, 275ml	£2.10
San Pellegrino Limonata or Aranciata, 330ml	£2.00
Pure Pembrokeshire Apple Juice	£2.10
Schwepps lemonade, 200ml	£1.50
Diet Coke or Coca-Cola, 330ml	£1.95
Prince's Gate Water, still or sparkling, 330ml	£1.30
Prince's Gate Water, still or sparkling, 750ml	£2.10
Freshly squeezed orange juice	£2.30
Frobisher's fruit juices, 250ml	£1.95
Appletiser, 275ml	£2.10