

The EVERLOOK

12 North Road, Builth Wells, Powys, LD2 3BU

01982 551963

NUTRITIONAL INFORMATION...

Here at The Everlook we believe in freshly cooked and prepared food, with oodles of nutritional goodness and flavour.

We try to source local Welsh produce wherever possible, which is bought from independent butchers, bakers and grocers and not from supermarket chains. And we always try to buy top quality Welsh, British, organic and Fairtrade products, with as little packaging and negative impact on the environment as possible.

We hope you enjoy the food and your stay with us.

Allie & Jon Sloan

www.everlookbuilthwells.co.uk



BREAKFAST MENU

GOOD MORNING!

We hope you slept well and are now ready for our hearty breakfast.
If you'd like something specific, please ask and we'll see what we can do for you.

Don't be shy! Please order what you fancy.

DRINK...

Coffee :	Rich ground, served in a cafetierre
Tea :	English Breakfast Earl Grey Green tea with lemon Fruit and herbal selections
Hot chocolate :	Green & Black's Organic
Juice :	Grapefruit Orange
Water :	Filtered

Please note : This breakfast menu is dependent on availability of seasonal items and produce from our suppliers.
We apologise if something listed on the menu is unavailable during your stay with us.

EAT...

Cereals :	Cornflakes Branflakes, served with optional Australian sultanas Muesli Oatibix Special K <ul style="list-style-type: none"> • Served with optional seasonal berries • Choose from semi-skimmed milk or Alpro soya
Porridge :	Scottish oats, served with optional yoghurt and seasonal berries Top with honey, golden syrup, or unrefined sugar <ul style="list-style-type: none"> • Freshly made with semi-skimmed milk or Alpro soya
Yoghurt :	Organic Greek with honey <ul style="list-style-type: none"> • Served with optional banana and/or seasonal berries
Toast :	Wholemeal (may contain wholegrains and seeds) White
Full Welsh :	Two locally-sourced Welsh pork sausages, unsmoked bacon, a large free range egg (fried, or scrambled with butter and a pinch of dill), with baked beans, grilled tomato, and buttered mushrooms
Naughty :	Sausage or bacon sandwich, with or without a fried egg
On Toast :	Beans, Welsh cheese, or two eggs (fried or scrambled)
Condiments :	Welsh organic butter Welsh preserves Marmalade Marmite Peanut butter Organic honey Heinz Ketchup HP sauce Dijon mustard