



Breakfast

10am-11:30am

Mini Muddy's (kids)

- Sausage, beans, toast & fried egg.
- Beans on toast

Muddy Breakfast – Primrose-herd sausage, bacon & Hogs pudding, fried St Ewe egg, garlic mushrooms, grilled tomato, home- made hash browns, Heinz beans, Da Bara sour- dough toast **£9**

Muddy Veggie - Wilted spinach, Glamorgan sausage, home-made hash browns, fried St Ewe Egg, garlic mushrooms, grilled tomato, Heinz beans, Da Bara sour-dough toast **£9**

Muddy Vegan - Wilted spinach, home-made hash browns, garlic mushrooms, grilled tomato, Heinz beans, Da Bara sour- dough toast **£8**

-

Breakfast Bap - add St Ewe egg **£1**

- Sausage **£6**
- Bacon **£6**
- Veggie Glamorgan sausage **£6**

-

Muddy Acai Smoothie bowl - topped with fresh berries, fruit and honey baked almonds **£7 (v)**

Cakes (all £3)

- Da Bara Cinnamon Bun
- Da Bara Almond Croissant
- Da Bara Date Slice
- Home – made Brownie



A message from us.....

We thank you SO much for all your support. We have kept the menu small to start with whilst we adapt our business appropriately. We ask for NO CHANGES to your breakfast to keep things running smoothly and efficiently. Thanks again for visiting us, its hugely appreciated!

Bisty, Beth and the Muddy Team X

We have carried out an allergen risk assessment and the results indicate due to cross contamination issues we cannot guarantee there are no traces of all known allergens. Please speak to us with any concerns.