

BREAKFAST



EGGS ARE ORGANIC, FREE RANGE AND FROM WALES, AS IS OUR MILK, CREAM AND YOGHURTS.

SERVED UNTIL 11 AM

- ORGANIC GREEK STYLE YOGHURT WITH HONEY AND FRESH FRUIT (N) £4.85
- BACON, EGG, MUSHROOMS, BAKED BEANS, TOMATO AND BUTTERED TOAST £7.35
- VEGAN** OPTION – TOMATO, BAKED BEANS, MUSHROOMS, SPINACH, TOAST £6.50
- ORGANIC PORRIDGE WITH SEASONAL FRUIT £4.95
- CREAMY SCRAMBLED EGG ON BUTTERED TOAST £5.15
- BACON AND FRIED EGG SANDWICH £5.20

SERVED UNTIL 4 PM

- SMOKED SCOTTISH KIPPERS ON BUTTERED TOASTED CIABATTA WITH POACHED EGG AND CREAMY MUSTARD SAUCE £7.15
- TOAST (2 SLICES) WITH BUTTER AND LOCALLY MADE PRESERVES £2.25
- BAKED BEANS ON BUTTERED TOAST £4.20
- TWO POACHED EGGS ON 2 SLICES OF BUTTERED TOAST £6.10
- EGGS ROYALE WITH SMOKED SALMON AND SPINACH £7.50
- EGGS BENEDICT WITH SERRANO HAM £7.30
- EGGS FLORENTINE WITH SPINACH £7.30

ADDITIONS:

- MUSHROOMS, TOMATOES, TOAST SLICE, BAKED BEANS,. £1.10
- SMOKED SALMON, EGG £1.40

JACKETS

SERVED FROM 11 AM UNTIL 4 PM

ALL SERVED WITH SALAD, COLESLAW AND CRISPS

- TUNA MAYO £6.95
- CHEESE AND ONION £6.85
- BEEF CHILLI WITH CHEESE AND GREEK YOGHURT £8.40
- VEGETARIAN CHILLI WITH CHEESE AND GREEK YOGHURT £8.20
- VEGAN** OPTION WITHOUT CHEESE, YOGHURT AND COLESLAW £7.60

ADDITIONS: PINEAPPLE, BAKED BEANS, MUSHROOMS £1.05

GLUTEN FREE OPTIONS AVAILABLE BUT PREPARED IN AN ENVIRONMENT THAT CONTAINS GLUTEN
(N) CONTAINS NUTS



MAIN MEALS

SERVED FROM 11 AM UNTIL 4 PM

WELSH RAREBIT (TWO SLICES) £6.60

BUCK RAREBIT (ONE SLICE OF RAREBIT, ONE POACHED EGG ON TOAST) £6.85

DEEP FILLED QUICHE, SERVED WITH SAUTÉ POTATOES AND GARNISH. PLEASE SEE DISPLAY BOARDS FOR OPTIONS AVAILABLE £9.50

WARM WHOLEMEAL PITTA BREAD FILLED WITH MARINATED AUBERGINES, MUSHROOMS, HUMMUS AND SPINACH LEAVES, SERVED WITH SALAD (**VEGAN**) £8.25

AUBERGINE, MUSHROOM AND CHICKPEA CURRY SERVED WITH RICE, POPPADUM AND MANGO CHUTNEY (**VEGAN**) £8.85

BEEF CHILLI AND RICE WITH GREEK YOGHURT, CHEESE, AVOCADO, MIXED LEAVES AND TORTILLA CHIPS £9.95

HOMEMADE BEEFBURGER IN A CIABATTA ROLL WITH COLESLAW, GHERKINS, SALAD LEAVES AND SAUTÉ POTATOES £9.75

STUFFED RED PEPPERS WITH COUSCOUS, PINE NUTS, GOAT'S CHEESE AND HERBS, SERVED WITH PITTA BREAD AND HUMMUS (N) £9.15

VEGGIE BURGER IN A CIABATTA ROLL WITH HUMMUS, A DRESSED SIDE SALAD AND SAUTÉ POTATOES £8.85

VEGETARIAN 5 BEAN CHILLI AND RICE WITH GREEK YOGHURT, CHEESE, AVOCADO, MIXED LEAVES AND TORTILLA CHIPS £9.75
VEGAN OPTION AVAILABLE WITHOUT YOGHURT AND CHEESE £8.85

SOUP OF THE DAY

SERVED FROM 11 AM UNTIL 4 PM

ALL OUR SOUPS ARE FRESHLY HOMEMADE. PLEASE SEE OUR DISPLAY BOARDS ON THE WALLS FOR OUR SELECTION OF SOUPS AVAILABLE. SERVED WITH BREAD £6.35



TOASTIES

SERVED FROM 11 AM UNTIL 4 PM

FRESHLY MADE TO ORDER. ALL SERVED WITH SALAD, COLESLAW AND CRISPS.
CHOOSE ANY **TWO** OF THE FOLLOWING FILLINGS:

CHEESE, HAM, BEEF, BAKED BEANS, TOMATO, PINEAPPLE, ONION, MUSHROOMS £6.50

EXTRAS: BEEF AND HAM £1.30

BAKED BEANS, TOMATO, CHEESE, ONION, MUSHROOMS, PINEAPPLE £1.10

SANDWICHES AND BAGUETTES

SERVED FROM 11 AM UNTIL 4 PM

FRESHLY MADE TO ORDER. ALL SERVED WITH SALAD, COLESLAW AND CRISPS

FRENCH BAGUETTES - BUTTERED WHITE OR WHOLEMEAL

SANDWICHES — BUTTERED WHITE OR WHOLEMEAL

GLUTEN FREE BREAD ALSO AVAILABLE

WELSH HAM WITH MUSTARD £6.50

CHEESE AND PICKLE £6.40

TUNA MAYO £6.80

HOME POACHED SALMON WITH CUCUMBER AND LEMON MAYONNAISE £7.00

WELSH HOME ROAST BEEF WITH OR WITHOUT HORSE RADISH £7.00

TOMATO, AVOCADO, AND MOZZARELLA £6.55

ORGANIC EGG MAYO AND CRESS £6.40

BRIE AND CRANBERRY £6.55

VEGAN OPTION - TOMATOES, OLIVES, PINE NUTS, SPINACH AND HUMMUS

(WITHOUT COLESLAW AND CRISPS) **(N)** . £6.45

SALADS

SERVED FROM 11 AM UNTIL 4 PM

SERVED WITH A BAGUETTE

NICOISE TUNA, EGGS, POTATOES, OLIVES, TOMATOES, ANCHOVIES, FRENCH BEANS,
MIXED LEAVES, LEMON AND HOMEMADE FRENCH DRESSING £8.20

GREEK FETA, OLIVES, CUCUMBER, TOMATOES, MINT, RED ONION, MIXED LEAVES,
LEMON AND HOMEMADE FRENCH DRESSING £8.20

VEGAN AVOCADO, TOMATOES, OLIVES, CHICK PEAS, RED ONION, BABY SPINACH
LEAVES, MUSHROOMS, PINE NUTS, HOMEMADE FRENCH DRESSING, LEMON £8.20

**GLUTEN FREE OPTIONS AVAILABLE BUT PREPARED IN AN ENVIRONMENT THAT
CONTAINS GLUTEN**
(N) CONTAINS NUTS



CAKES, PASTRIES AND DESSERTS

SERVED ALL DAY

TOASTED TEACAKE AND BUTTER £2.15

HOMEMADE BANANA AND PECAN LOAF **(N)** £2.60

HOMEMADE CHOCOLATE FUDGE BROWNIE **(N)** £2.60

CHOCOLATE TIFFIN **(N)** **VEGAN** £2.60

SCONES WITH BUTTER, LOCALLY MADE PRESERVE AND ORGANIC WHIPPED CREAM

1 Scone £2.15 2 SCONES £3.50

LOCALLY MADE CAKES OR GATEAU, PLEASE ASK FOR TODAY'S SELECTION **(N)** £3.90

HOT CHOCOLATE MUFFIN WITH CHOCOLATE SAUCE AND ICE CREAM £4.45

HOMEMADE PANCAKE FILLED WITH CHOCOLATE HAZELNUT, BANANA AND SERVED WITH
ICE CREAM AND BUTTERSCOTCH SAUCE **(N)** £5.20

ADD ICE CREAM: 1 SCOOP 95P 2 SCOOPS £1.85

ADD ORGANIC WHIPPED DOUBLE CREAM 60P

PLEASE SEE COUNTER DISPLAY FOR FURTHER OPTIONS INCLUDING GLUTEN FREE.

BEVERAGES

HOT CHOCOLATE

ORGANIC CLASSIC HOT CHOCOLATE £3.10 ADD MARSHMALLOW 40P

ORGANIC DELUXE HOT CHOCOLATE £4.10

SOFT DRINKS

ORGANIC ELDERFLOWER PRESSE £2.95 ORGANIC GINGER BEER £2.95

POMEGRANATE & RASPBERRY PRESSE £2.95 ORGANIC LEMONADE £2.95

FRESH INNOCENT ORANGE JUICE £2.95 SELECTION OF JUICES £2.40

COKE / DIET COKE (BOTTLED) £2.30

STILL OR SPARKLING MINERAL WATER SMALL £2.70 LARGE £3.50

ICE CREAM SODAS

ANY CANNED SPARKLING DRINK WITH 2 SCOOPS OF VANILLA ICE CREAM £3.50

MILKSHAKES

USING **FRESH** FRUIT, ORGANIC MILK AND ICE CREAM. CHOOSE FROM VANILLA STRAWBERRY,
BANANA, CHOCOLATE, COFFEE, NUTELLA **(N)** OR PEANUT BUTTER **(N)** £4.10

SMOOTHIES — ASK FOR TODAY'S CHOICE

FRESH FRUIT SMOOTHIES (DAIRY FREE) £4.15

FRESH FRUIT, FRUIT JUICE AND YOGHURT £4.15

PROSECCO

BOTTLE (75CL) £19.35

SMALL BOTTLE (220ML) £6.10

HOUSE WINES (RED, WHITE & ROSÉ):

BOTTLE (75CL) £17.50

GLASS (250ML) £6.10

BOTTLED BEERS 330ML £3.95

WELSH CIDER 500ML (MEDIUM DRY OR MEDIUM) £5.20



TEA

ENGLISH BREAKFAST TEA

POT FOR 1 - £2.05 POT FOR 2 - £3.25 POT FOR 3 - £4.40
HERBAL — PLEASE ASK FOR SELECTION AVAILABLE FROM £2.30

A SELECTION OF SPECIAL LOOSE LEAF TEAS

POT FOR 1 - £2.45 POT FOR 2 - £3.85 POT FOR 3 - £4.95

EARL GREY A WORLD FAMOUS TEA. PREPARED FROM A BLEND OF THE FINEST BLACK CHINA TEA AND FLAVOURED WITH THE OIL OF THE BERGAMOT ORANGE.

SPICED CHAI A BLACK TEA BASE, COMBINED WITH WARMING SPICES. WE CAN ALSO SERVE THIS AS OUR SPECIAL SWEET **CHAI TEA LATTE FOR £2.80 PER GLASS — JUST ASK!**

DARJEELING TEA:

GOLDEN FLOWERY ORANGE PEKOE CALLED ORANGE BECAUSE THE TEA LEAF IS COPPER COLOUR BEFORE DRYING. PEKOE MEANS TEA LEAF IN OLD CHINESE. AN UNMISTAKABLE MUSCATEL FLAVOUR.

ASSAM TEA:

GOLDEN BROKEN ORANGE PEKOE WITH STRENGTH AND FLAVOUR, THIS LONG LEAF TEA HAS REAL CHARACTER.

CEYLON TEA:

THREE GARDENS CEYLON BLEND IDEAL FOR DRINKING WITH MILK — PREPARED FROM THE THREE 'HIGH GROWN' CEYLON TEAS.

CHINA TEAS:

LAPSANG SOUCHONG FORMOSA A LARGE GREY SMOKE DRIED LEAF WITH A UNIQUE TASTE.

GUNPOWDER GREEN TEA DERIVES ITS NAME FOR ITS SIMILARITY TO OLD FASHIONED GUNPOWDER. DRIED IMMEDIATELY ON PICKING, THIS GREEN LEAF BREWS A LIGHT PALE LIQUOR

RUSSIAN CARAVAN A CHINA TEA ONCE TRANSPORTED OVER CARAVAN ROUTES TO EUROPE. A REWARDING BLEND TO DRINK.

GOURMET LOOSE LEAF TEAS:

POT FOR 1 - £3.05 POT FOR 2 - £4.30 POT FOR 3 - £5.50

SUPERIOR FANCY FORMOSA OOLONG THE BEST CHINA TEA. DELICATE, WITH NATURAL AROMAS OF PEACH BLOSSOM.

WHOLE CHAMOMILE FLOWERS REFRESHING WITH A CALMING EFFECT - PERFECT FOR THE STRESSFUL DAY.

WINTER OR SUMMER TEA EXOTIC SUMMER FLOWERS OR WINTER FRUITS AND SPICES BLENDED WITH THE FINEST BLACK CHINA TEAS.



COFFEE

“Coffee is our speciality”

OUR ARTISAN COFFEE IS FRESHLY CRAFT-ROASTED AND PREPARED WITH ADVANCED TECHNIQUES BY OUR BARISTAS. WE USE THE FRESHEST IN-SEASON CROPS FROM AROUND THE WORLD AND OFFER THESE AS SOON AS THE NEWEST AND MOST EXCITING COFFEES COME INTO THE ROASTERIES.

ESPRESSO

CAPPUCCINO	SMALL £2.70	LARGE £3.10
CAFFE LATTÉ	£2.70	£3.10
FLAT WHITE	£3.00	
PICCOLO	£2.85	
AMERICANO	£2.60	£2.80
CAFFE MOCHA	£2.80	£3.20

ESPRESSO	SINGLE £2.10	DOUBLE £2.40
ESPRESSO MACCHIATO	£2.30	£2.60

HOUSE FILTER

HOUSE BLEND FILTER COFFEE	£2.50	
WITH ONE FREE REFILL IF DRINKING IN.		

FRENCH PRESS

SINGLE ORIGIN LIGHT ROAST COFFEE	£3.50	£6.40
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SELECT COFFEES OF THE DAY FROM OUR FRENCH PRESS BLACKBOARDS. OUR TEAM CAN DESCRIBE THE TASTING NOTES TO HELP YOU CHOOSE.

WHEN STEAMING MILK, OUR TARGET TEMP ZONE TO OPTIMISE FLAVOUR, TEXTURE AND SWEETNESS IS 60-65°C. IF YOU LIKE IT HOTTER (OR COOLER), JUST ASK!