

Menu / Bwydlen



****THIS IS A SAMPLE MENU****

Breakfast 10am - 3pm

Homemade Organic Malt Loaf Toast

£2.50

With a choice of the following toppings:

Bacon, Sausage (Meat/Veggie), Greens, Mushrooms, Avocado, Poached Egg, Beans (Add £1 Per item)

Lunch 12pm - 3pm

Seasonal Soup

£5.50

with Homemade Malt Loaf Bread - see board (gfa,vga)

Quiche of the Week

£8.00

with Salad Leaves & Slaw - see board (v)

Coconut & Courgette Dhal

£8.00

with Pickled Cabbage, Raita, Carrot Chutney & Flatbread (gfa,vg)

Marinated Tofu Sandwich - Pickled Red Cabbage, Avocado, Beetroot Ketchup & Aioli with Salad Leaves & Slaw (gfa,vg) £7.50

Halloumi Sandwich - Pickled Red Cabbage, Avocado, Beetroot Ketchup, Greens & Aioli with Salad Leaves & Slaw (gfa,v) £7.50

Ham Hock Sandwich - Hafod Cheddar & Tomato Relish with Salad & Slaw (gfa) £8.50

Houmous Salad - Radish & Pomegranate Greek Salad, Tzatziki & Flatbread (gfa/vg) £7.50

Sides

Organic Wedges & Aioli (gf,vg) Salad (gf,vg) Houmous & Flatbread (vg) £4.00

*gf-gluten free,gfa-gf available, vg-vegan, v-veggie, cn-contains nuts

Our Suppliers

We're particularly proud of who we buy our produce from. These include: Watson & Pratt, Blaencamel Farm, Suma Wholefoods, Nantyclyd Egg Farm, Coaltown Coffee, Calon Wen, Cwm Farm Milk, Vintage Roots Wines, Castell Howell, Blas ar Fwyd, Swansea Fish, Rhosyn Farm, Hazelwell Farm, Chris Thomas Fruit & Veg, Dà Mhìle

Please advise our staff if you have any food related allergies or special dietary needs. We cannot guarantee that our products do not contain traces of nuts &/or seeds.