



Menu

Lunch from 11:30 - 2:30

BRECWAST

Meaty £13.50

Leek sausage, back bacon, poached eggs, hash browns, vine tomatoes, button mushrooms, beans & toast with butter.

Veggie £13.50

Fried halloumi, poached eggs, hash browns, vine tomatoes, button mushrooms, beans & toast with butter

Vegan £12

Vegan sausage, avocado, hash browns, vine tomatoes, button mushrooms, beans & toast with spread

LUNCH

Savoury Crioissant £10

Baked croissant filled with ham and cheese, served with salad

Falafel Flatbread £11

Flatbread topped with hummus, greek salad, falafel and drizzled with balsamic glaze and sriracha

Ploughman's £13

Ham, cheese, Branston pickle, sliced gherkins, coleslaw, apple, grapes, bread and butter

Soup of the Day £9

Served with cheese, bread & butter

Carmarthen Ham Tostada £10

Ciabatta toasted crispy covered in garlic tomato and carmarthen ham and drizzled with extra virgin olive oil.

Recommended to **add poached eggs +£2**

Caprese Salad £12

Mixed dressed leaf, sliced tomatoes, mozzarella, garlic croutons, balsamic glaze, pesto.

BURGER

Breakfast Burger £15

Sausage burger patty, mature cheddar, back bacon, rocket, siratcha mayo and poached egg served with wedges and coleslaw

Halloumi Burger £16

Sliced avocado, fried halloumi, pickled veggies, siratcha mayo and rocket, served with wedges and coleslaw

PANCAKES

Bacon & Cream Cheese £11

3 thick pancakes with maple roast streaky bacon, cream cheese and a drizzle of maple syrup

Fruit & Caramel £9.50

3 thick pancakes, seasonal fruit, drizzled with homemade caramel sauce

Yogurt & Compote £9.50

3 thick banana pancakes with coconut yogurt, homemade berry compote and a drizzle of maple syrup

BRUNCH

Eggs on Toast £10

2 slices of toast with 2 poached eggs, our crispy onion mix and balsamic glaze drizzle

Recommended to **add maple bacon +£2**

Avocado on Toast £10

2 slices of toast, sliced avocado, our crispy onion mix and a drizzle of balsamic glaze

Recommended to **add poached eggs +£2**

ADD...

Wedges £3

Maple Bacon, Sausage, Vegan Sausage, Avocado, Eggs, £2 each

Vine tomatoes, button mushrooms, Beans, Hash Brown, £1.50 each

SUPPLIERS

Meat: Dewi James, Cardigan
Sausages: Rogers & Sons, Carmarthen
Eggs: Efail Wen, Capel Dewi

Milk: Cwm Farm, Cwmffrwd
Cheese: Dragon, Caernarfon
Honey: Gwenyn Gruffydd