

Restaurant & Bar
Open from 8am - 9pm daily.
Our freshly prepared meals cater for all
tastes. No need to book, just turn up and let
us look after you

Caban

Available 8am- 11.30am

Start your day with a delicious barista
morning coffee or cooked breakfast or
refuel at lunchtime with some classic
dishes and it's the perfect place to relax
in the evening after a day of activities.

..... Breakfast

Full cooked breakfast..... £7.00

Thick cut bacon, sausage(GF), baked beans, grilled tomato, mushrooms, mini hash browns, fried egg, and
toast (GF available on request)

Vegan breakfast..... £7.00

2 Quorn sausage, baked beans, grilled tomato, mushrooms, mini has browns, and
toast (add egg for vegetarian)

Children's breakfast..... £4.00

Sausage (GF on request) baked beans, bacon, and toast (GF on request)

Breakfast Baguette – choose from:

Bacon.....	£4.50
Sausage.....	£4.50
Vegan sausage.....	£4.50
Extra filling.....	£1.00
Toast or vegan croissant	£2.50
with butter and jam or marmalade (GF toast available)	

American style pancakes..... £4.50

Mini stack of buttermilk pancakes topped with chopped
bacon and maple syrup

Greek style yoghurt £4.50

with banana and honey

Porridge £4.50

with banana and honey

Plain porridge..... £3.50

..... Hot Drinks

Americano.....	£2.70
Latte.....	£2.90
Mocha.....	£3.20
Cappuccino.....	£2.90
Flat White.....	£2.90
Tea.....	£2.20
Fruit Tea.....	£2.20
Hot Chocolate.....	£2.90
Deluxe Hot Chocolate.....	£3.40

(soya or oat milk/ vegan hot choc available)

..... Cold Drinks

Coke.....	£1.60
Tango.....	£1.60
Dr Pepper.....	£1.60
Cloudy Lemonade.....	£1.60
Coke Zero.....	£1.50
7up Zero.....	£1.50
Apple/orange juice carton...	£1.00
Milkshake carton.....	£1.00
Still/sparkling water.....	£1.50

..... Coffee & Cake



Coffee and Cake.....£5.50

Ask a member of staff for daily options

add syrup or swap to deluxe hot choc + 50p



Food allergies and Intolerances, please tell a member of staff
before ordering and ask for any information.

GF – Gluten Free, V – Vegetarian
VG – Vegan

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..... Light Bites

	Baguette with side salad	Salad	Jacket Potato with side salad
Carmarthenshire Ham.....	£5.50	£6.50	£6.50
Carmarthenshire Ham & Cheese..	£6.00	£6.50	£6.50
Cheese/Vegan Cheese.....	£5.50	£6.00	£7.00
Tandoori Chicken.....	£6.00	£7.00	£7.00
Tuna Mayo.....	£6.00	£7.00	£7.00
Beans & Cheese.....	----	----	£7.00
Cheese & Coleslaw.....	£6.00	£7.00	£8.00

Toasties

BBQ Chicken	£6.50
Tuna & Cheese	£6.50
Carmarthenshire Ham & Cheese.....	£6.50

Loaded Fries

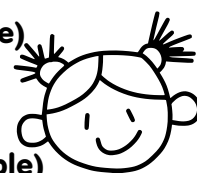
Cheese and beans loaded fries (V/GF)	£7.50
Cheese and bacon loaded fries (GF)	£8.00

Pizza

Margherita (V)★.....	£11.50
Vegetable★.....	£12.00
(onions, peppers, mushrooms, tomatoes (V)	
Ham and Mushroom★.....	£12.50
Tandoori Chicken★.....	£12.50
Pepperoni★.....	£12.50
Meat Feast★.....	£13.00
(pepperoni, ham, cyw iâr tandoori)	

..... Children's Meals £4.90

Carmarthenshire Ham salad – served with half a baguette (GF bread available)
Fish fingers – served with chips or jacket, beans or peas (GF)
Chicken nuggets - served with chips or jacket, beans or peas
Sausages - served with chips or jacket, beans or peas (GF) (V sausage available)
Jacket Potato with cheese and beans



Sides & Extras

Garlic bread (V) £3.00 | Cheesy garlic bread (V) 3.50 | Tater tots
(V/GF) £3.50 | Chips (V/GF) £3.00 | Battered onion rings (V) £3.00 |
Homemade coleslaw (V) £1.50 | Vegetable spring rolls (V) £7.00 |
Chicken strips fried southern style £7.00

2 Main Meals £22

Mix and match from any ★

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Main Meal

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British Beef Lasagne	£13.00
Rich bolognaise sauce layered with pasta sheets, topped with bechamel sauce and cheese. Served with salad and garlic bread	
Vegetable Lasagne★	£12.50
Mixed Mediterranean vegetables in tomato sauce, layered with pasta and topped with bechamel sauce and cheese (V/GF)	
Homemade Chicken Curry🌶️★	£13.00
Chicken pieces in fragrant sauce of onions, peppers and tomato, served with rice or chips. Upgrade to half and half for £1 (GF)	
Breaded Scampi★	£13.00
Wholetail scampi encased in crispy breadcrumbs with garden peas and chips	
Chicken Shawarma Kebab🌶️	£13.50
Succulent pieces of chicken thigh marinated in yoghurt and spices. Served in a Lebanese flatbread with salad, mint yoghurt, chilli sauce and fries	
Sweet Potato Falafel Kebab	£13.00
Mildly spiced sweet potato and chickpea falafel. Served in a Lebanese flatbread with salad, mint yoghurt, chilli sauce and fries	
Southern Fried Chicken Strips★	£12.50
Crispy southern fried mini fillets, with salad, chips, smokey BBQ sauce and homemade coleslaw	
Baked Cauliflower Steak🌶️	£14.00
With curried chickpeas with a side of rice (VG/GF)	
Peppercorn Chicken	£14.50
Tender chicken breast pieces in a creamy mushroom and peppercorn sauce. Served with green beans, and chips or mash (GF)	
Ham Hock	£14.50
Whole ham hock braised in cider and mustard, served on a bed of mashed potato and green beans (GF)	
Southern Fried Chicken Burger★	£13.00
Brioche style bun loaded with mini chicken fillets, salad, and topped with cheese and BBQ sauce	
Baked Salmon Fillet	£14.50
Glazed with sweet chilli sauce served with salad and chips, or rice (GF)	
Cawl	£8.50
Traditional Welsh soup with Welsh beef, leek, potato and root veg, served with Welsh cheddar cheese and crusty bread (GF bread available)	
Soup of the Week	£6.00
Served with crusty bread (V/GF bread) £6.00	

2 mains for £22
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(soya or oat milk/ vegan hot choc available)



Coke.....	£1.60
Tango.....	£1.60
Dr Pepper.....	£1.60
Cloudy Lemonade.....	£1.60
Coke Zero.....	£1.50
7up Zero.....	£1.50
Fruit Juice Carton - Orange/Apple	£1.00
Milkshake Carton.....	£1.00
Water/Sparkling Water	£1.50



Coffee and Cake.....£5.50

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