

Caban

Traeth Pentywyn
Pendine Sands

Restaurant & Bar

Menu

cabanpendine.wales

Caban



Breakfast

Served from 8am - 11.30am

| | |
|---|-------|
| Full Cooked Breakfast – thick cut bacon, sausage (GF), baked beans, grilled tomato, mushrooms, hash brown bites, fried egg, and toast. (GF available on request) | £7.00 |
| Vegan Breakfast – 2 sausages, baked beans, grilled tomato, mushrooms, hash brown bites and toast. (add egg for vegetarian) | £7.00 |
| Children's Breakfast – sausage (GF on request), thick cut bacon, baked beans, and toast. (GF available on request) | £4.00 |
| Breakfast Baguette – choose from sausage, vegan sausage or bacon | £4.50 |
| Toast or Croissant – served with butter, jam or marmalade (vegan option available on both. GF toast available) | £2.50 |
| American Style Pancakes with bacon & maple syrup | £4.50 |
| Greek Style Yoghurt (GF) (V) with banana & honey | £4.50 |
| Porridge (V) with Banana & Honey | £4.50 |
| Plain Porridge (V) | £3.50 |

Light Bites

served from 12pm - 9pm

| | Baguette | Salad | Jacket Potato |
|---|----------|-------|---------------|
| Carmarthenshire Ham | £5.50 | £6.50 | £6.50 |
| Cheese or Vegan Cheese (V) | £5.50 | £6.50 | £6.50 |
| Tandoori Chicken | £6.00 | £7.00 | £7.00 |
| Tuna Mayonnaise | £6.00 | £7.00 | £7.00 |
| Carmarthenshire Ham & Cheese | £6.00 | £7.00 | £7.50 |
| Beans & Cheese | --- | --- | £7.00 |
| Beef Chilli  | --- | --- | £8.00 |
| Bean Chilli (V)  | --- | --- | £8.00 |
| Cheese & Coleslaw (V) | £6.00 | £7.00 | £7.00 |
| Vegetable Spring Rolls with sweet chili dip (V) | | £7.00 | |
| Southern Fried Chicken Strips with garlic mayo | | £7.00 | |

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

Served from 12pm – 9pm

Pizza

Margherita
Vegetable (onion, peppers, mushroom) (V)
Ham and Mushroom
Chicken Shawarma
Pepperoni

£11.50 Cheese and Beans (V) £7.50
£12.00 Cheese and Bacon £8.00
£12.50 Chilli and Cheese £8.50
£12.50 Bean Chilli and Cheese (V) £8.50
£12.50 (Vegan cheese available on request)

Loaded Fries

Main Meals

served from 12pm – 9pm

Welsh Beef Lasagne

served with salad and garlic bread

£13.00

Vegetable Lasagne

served with with salad and garlic bread(V)

£12.50

Chefs Homemade Chicken Curry 🌶️🌶️

severed with rice or chips) (GF) Upgrade to ½ and ½ for £1

£13.00

Chef's Homemade Vegan Curry 🌶️🌶️

severed with rice or chips)(GF, V, VE) Upgrade to ½ and ½ for £1

£13.00

Smoked Salmon Salad

served on a bed of mixed leaf salad with lemon and dill dressing and malted bloomer bread (GF bread available)

£13.00

Breaded Scampi

served with with chips and garden peas

£13.00

Chicken Shawarma Kebab

served with with mint yoghurt, chilli sauce and salad in flat bread, chips

£13.50

Sweet Potato Falafel Kebab

with mint yoghurt, chilli sauce and salad in flat bread & chips (vegan without mint yoghurt)

£13.00

Homemade Smoky Beef Chilli 🌶️🌶️

served with rice and sour cream (GF) Upgrade to ½ and ½ for £1

£12.50

Homemade Mixed Bean Chilli 🌶️🌶️

served with rice and sour cream (V, GF) (VE without the sour cream) Upgrade to ½ and ½ for £1

£12.50

Southern Fried Chicken Strips

served with chips salad coleslaw and BBQ sauce

£12.50

Extras

| | | | |
|------------|-------|---------------------|-------|
| Chips | £3.00 | Coleslaw | £1.50 |
| Cheese | £1.00 | Garlic Bread | £3.00 |
| Tater Tots | £3.50 | Cheesy Garlic Bread | £3.50 |

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Drinks



Hot Drinks

| | |
|----------------------|-------|
| Americano | £2.70 |
| Latte | £2.90 |
| Mocha | £3.20 |
| Cappuccino | £2.90 |
| Flat White | £2.90 |
| Tea | £2.20 |
| Hot Chocolate | £2.90 |
| Deluxe Hot Chocolate | £3.40 |
| Coffee Syrup | £0.50 |

Oat or Soy milk available

Cold Drinks

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|-------------------------------|-------|
| Coke/Tango/Dr Pepper/Lemonade | £1.60 |
| Coke Zero/7 Up Zero | £1.50 |
| Fruit Juice | £1.00 |
| Milkshake | £1.00 |
| Water | £1.50 |
| Sparkling Water | £1.50 |

