

Breakfast

Available up to 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)	£6.90
Vegan Breakfast – 2 vegan sausages, baked beans, grilled tomato, mushrooms, hash brown bites and toast. (add egg for vegetarian)	£6.90
Children's Breakfast – sausage (GF), thick cut bacon, baked beans, and toast.	£4.00
Breakfast Baguette – choose from sausage (GF), vegan sausage or bacon	£4.50
Toast or Croissant , served with butter, jam or marmalade.	£2.00
American Style Pancakes with bacon & maple syrup	£4.50
Greek Style Yoghurt (GF) with banana & honey	£3.50
Fresh Fruit (selection available at counter)	£1.00

Lite Bites

Available from 12pm - close

	Baguette	Salad ^(GF)	Jacket Potato ^(GF)
Carmarthenshire Ham	£5.00	£6.00	£6.00
Cheese or Vegan Cheese	£5.00	£6.00	£6.00
Tandoori Chicken	£5.50	£6.50	£6.50
Tuna Mayonnaise	£5.50	£6.50	£6.50
Carmarthenshire Ham & Cheese	£5.50	£6.50	£6.50
Beans & Cheese	---	---	£6.50

Served with salad garnish

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Cake slice	£3.80	Welshcakes	£1.50
Flapjack	£2.20	Bara Brith Slice	£1.50
		Crisps	£1.00

Food allergies and Intolerances, please tell a member of staff before ordering and ask for any information
We have put together a nut free menu although traces may be present in some ingredients

Available from 12pm - close

Main Meal

Welsh Beef Lasagne served with garlic bread and salad garnish	£12.00
Chef's Homemade chicken curry served with chips or rice (GF) Upgrade to half and half £0.50 🌶️	£12.00
Chef's Homemade vegetable vegan curry (V) (VE) , served with rice or chips (GF) Upgrade to half and half £0.50 🌶️	£12.00
Salmon & Dill Fishcakes served with chips and salad garnish (GF)	£12.50
Breaded Scampi served with chips and peas	£12.50
Peri Peri Chicken (GF) served with chips, coleslaw, peri peri sauce & salad garnish	£12.50
Chicken Shawarma Kebab on a flatbread served with a mint yoghurt dressing, chips, salad garnish & chilli sauce	£12.50
Chickpea Falafel Kebab on a flatbread served with a mint yoghurt dressing, chips, salad garnish & chilli sauce (v) (vegan option without mint yoghurt dressing)	£12.50
Creamy Chicken & Smokey Bacon Pasta served with garlic bread	£12.00

Pizza

Margherita	£10.50	Shawarma Chicken	£11.50
Vegetable	£11.00	Ham & Mushroom	£11.50
Pepperoni	£11.50		

Loaded Fries (GF)

Margherita Pizza	£7.00
Pepperoni Pizza	£7.80
Cheese & Bacon	£7.50

Children's Menu £4.90 each

- **Ham Salad** with half a baguette
- **Fish Fingers** served with chips or jacket potato and peas or baked beans
- **Chicken Nuggets** served with chips or jacket potato and peas or baked beans
- **Sausage** served with chips or jacket potato and peas or baked beans (vegan sausage available)

Extras

Garlic Bread	£2.90
Cheesy Garlic Bread	£3.50
Tater Tots (GF)	£3.00
Chips (GF)	£3.00
Coleslaw (GF)	£1.50
Cheese	£1.00

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