

# Caban

*Restaurant*

*&*

*Bar*



## ***Menu***

[cabanpendine.wales](http://cabanpendine.wales)

Cyngor Sir Gâr  
Carmarthenshire  
County Council





# Drinks

## Hot Drinks

Americano	£2.30
Latte	£2.50
Mocha	£2.80
Cappuccino	£2.50
Te/Tea	£2.00
Hot Chocolate	£2.50
Deluxe Hot Chocolate	£3.00

## Soft Drinks

Coke/7 Up/Fanta/Dr Pepper/Lemonade	£1.50
Coke Zero	£1.30
Fruit Juice	£0.70
Milkshake	£1.00
Water	£1.30
Sparkling Water	£1.30

*Don't forget to check out our  
'Daily Specials'  
and our delicious cakes on offer.*





# Breakfast

Available up to 11.30am



Full Cooked Breakfast- thick cut bacon, sausage, baked beans, grilled tomato, mushrooms, hash brown bites, fried egg, and toast. (Gluten Free Available on request)	£6.80
Vegan Breakfast- 2 vegan sausages, baked beans, grilled tomato, mushrooms, hash brown bites and toast. (add egg for vegetarian)	£6.30
Children's Breakfast- sausage, thick cut bacon, baked beans, and toast.	£4.00
Filled Baguette, choose from Sausage, Vegan Sausage or Bacon	£4.50
On Toast, choose from baked beans, mushrooms, or grilled tomatoes.	£3.90
Toast or Croissant, served with butter, jam or marmalade.	£1.90
Pancakes with Bacon & Maple Syrup	£4.50

## Life Bites

Available from 12pm - close

### Baguette

Ham	£4.80
Cheddar Cheese	£4.80
Vegan Cheese	£4.80
Chicken Mayonnaise	£4.90
Tuna Mayonnaise	£4.90
Beans & Cheese	---

### Jacket Potato

£5.50
£5.50
£5.50
£6.30
£6.30
£5.50

Soup of the Day with 1/2 Baguette £4.50

Cawl served with 1/2 Baguette and Cheddar £7.00

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





## Pizza

(Available to takeaway)

Available from 12pm - close

Margherita	£9.50
Vegetable	£9.90
Chicken and Bacon	£10.90
Pepperoni	£10.90
BBQ Chicken and Bacon	£10.90

## Loaded Fries

(Available to takeaway)

Bacon & Cheese	£6.50
BBQ Chicken and Bacon	£6.80



## Main Meal

Lasagne served with salad and garlic bread	£10.90
Chef's Homemade chicken curry, served with rice or chips. <i>Upgrade to half and half £1.00</i>	£9.90
Chef's Homemade Vegan Curry, a fragrant coconut curry served with rice or chips. <i>Upgrade to half and half £1.00</i>	£9.90
Pie of the Week, served with peas, onion gravy, chips, or chips.	£10.90
Salmon and dill fishcakes served with chips and salad	£11.90
Breaded scampi served with chips and peas	£11.90
Chicken Sharma kebab served with flatbread and salad	£10.90
Sausages served with Mashed Potato, Peas & Onion gravy (Vegan option available)	£9.90

## Children's Menu

Chicken Salad served with 1/2 Baguette	£4.90
Fish Fingers served with Chips or Jacket Potato & Beans or Peas	£4.90
Chicken Nuggets served with Chips or Jacket Potato & Beans or Peas	£4.90
Sausage served with Chips or Jacket Potato & Beans or Peas (Vegan available on request)	£4.90

## Extras

Garlic Bread	£2.90
Tater Tots (mini Hash Browns)	£2.90
Chips	£2.90
Cheesy Garlic Bread	£3.50
Side Salad	£2.90

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## Bar

### Cwrw : beer

Peroni Nastro Azzuro NRB 5.1%	£4.00
Gower Gold Ale 4.5%	£4.00
Gower Lighthouse Lager 4.5%	£4.00

### Seidr : Cider

Gwynt Y Ddraig Black Dragon 6.5%	£4.00
Thatchers Haze 4.5%	£4.00
Thatchers Rosé 4.0%	£4.00

### Gwin : wine

Gwyn: White	Versare - Chardonnay 75cl	£14.00 Potel/Bottle
	Versare - Sauvignon Blanc 75cl	£14.00 Potel/Bottle
	Bear & Stag Pino Grigio 187ml 13%	£4.50 Potel fach/Sml Bottle
Coch : Red	Prosecco 20cl 11%	£6.00 Potel fach/Sml Bottle
	Procsecco 75cl 11%	£16.00 Potel/Bottle
	Versare - Merlot 75cl 12%	£14.00 Potel/Bottle
Rosé :	Versare - Shiraz -75cl 13%	£14.00 Potel/Bottle
	Bear & Star Shiraz 187ml 13.5%	£4.50 Potel fach/Sml Bottle
Rosé :	Bear & Stag Zinfandel 75cl 10.5%	£14.00 Potel/Bottle
	Bear & Stag Zinfandel 187ml 10.5%	£4.50 Potel fach/Sml Bottle

### Gwirodydd / Spirits

Barti Rum 25ml 35%	£3.00
Penderyn Five Vodka 25ml 43%	£3.00
Penderyn Whiskey 25ml 46%	£4.00
Breacon Botanics Gin 25ml 43%	£3.00
Gower Gin 25ml 43%	£3.00
Gower Bara Brith Gin 25ml 43%	£3.00
Archers 25ml 18%	£2.50
Black Mountain Apple & Blackcurrent Brandy 25ml 22%	£3.00
QC Sherry 50ml 15%	£3.00
Jack Daniels 25ml 40%	£3.00
Captain Morgan 25ml 40%	£3.00

