

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
American Style Pancakes with bacon & maple syrup	£4.50
Greek Style Yoghurt (GF) with banana & honey	£3.50
Porridge with banana and honey	£4.50
Plain Porridge	£3.50
Toast or Croissant , served with butter, jam or marmalade.	£2.50

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		Served with salad garnish

Pizza

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

Loaded Fries (GF)

Margherita	£7.00
Pepperoni	£7.80
Cheese & Bacon	£7.50

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

Starters

Available from 12pm - close

Garlic Tarragon Mushrooms served with garlic bread	£7
Southern Fried Chicken with garlic mayo	£7
Vegetable Spring Rolls with sweet chilli dip	£7
Garlic bread or Cheesy Garlic Bread	£2.50/£3.50

Main Meal

Available from 12pm - close

Welsh Beef Cawl served with crusty bread and a chunk of Welsh cheddar cheese	£9.00
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
Pie of the week served with a choice of mashed potato or chips, with peas and gravy	£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
Carmarthenshire pork and leek sausages with creamy mashed potato, peas, and gravy	£12.00
Penne Pomodoro , pasta tossed through a rich tomato and basil sauce, sprinkled with parmesan shavings	£12.00

Desserts

Hot Chocolate Fudge Cake with ice cream	£5.50
Cheesecake with ice cream	£5.50

Extras

Tater Tots (GF)	£3.00
Chips (GF)	£3.00
Coleslaw (GF)	£1.50
Cheese	£1.00

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