

Caban

Restaurant

&

Bar



Menu

cabanpendine.wales

Cyngor Sir Gâr
Carmarthenshire
County Council



Drinks

Hot Drinks

Americano	£2.25
Latte	£2.50
Mocha	£2.75
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)	£6.75
Vegan Breakfast- 2 vegan sausages, baked beans, grilled tomato, mushrooms, hash brown bites and toast. (add egg for vegetarian)	£6.25
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.	£3.95
Toast or Croissant, served with butter, jam or marmalade.	£1.85
Pancakes served with a warm berry compote.	£4.00

Life Bites

Available from 12pm - close

	Baguette	Salad	Jacket Potato
Ham	£4.75	£5.75	£5.50
Cheddar Cheese	£4.75	£5.75	£5.50
Vegan Cheese	£4.75	£5.75	£5.50
Chicken Mayonnaise	£4.95	£6.50	£6.25
Tuna Mayonnaise	£4.95	£6.50	£6.25
BBQ Pulled Pork	£4.95	£6.50	£6.25
Fajita Chicken	£4.95	£6.50	£6.25
Prawn & Marie Rose	£5.50	---	£6.50
Beans & Cheese	---	---	£5.50



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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	£9.95
Fajita Chicken	£10.95
BBQ Pulled Pork	£10.95
Chicken and Bacon	£10.95

Loaded Fries

(Available to takeaway)

Bacon & Cheese	£6.75
Fajita Chicken & Cheese	£6.75
BBQ Pulled Pork and Cheese	£6.75



Main Meal

Lasagne served with salad and garlic bread	£10.95
Sws y Ddraig (Dragon's Kiss) chicken curry, served with rice or chips. Upgrade to half and half £1.00	£9.95
Penang Vegan Curry, a fragrant coconut curry served with rice or chips. Upgrade to half and half £1.00	£9.95
Celtic Steak and Ale Pie, served with peas, gravy, chips, or jacket potato.	£10.95
Celtic Stilton and Asparagus Pie, served with peas, gravy, chips, or jacket potato.	£10.95
Giant Prawn Cocktail, served with lashings of prawns and Marie Rose sauce. Served with crusty bread	£9.95

Children's Menu

Chicken Salad served with Chips or Jacket Potato	£4.95
Fish Fingers served with Chips or Jacket Potato & Beans or Peas	£4.95
Chicken Nuggets served with Chips or Jacket Potato & Beans or Peas	£4.95
Sausage served with Chips or Jacket Potato & Beans or Peas	£4.95

Extras

Garlic Bread	£2.95
Tater Tots (mini Hash Browns)	£2.95
Chips	£2.95
Cheesy Garlic Bread	£3.50
Side Salad	£2.95

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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

