

Full Cooked Breakfast.....£7.00

Thick cut bacon, sausage(GF), baked beans, grilled tomato, mushrooms, mini hash browns, fried egg, and toast (GF available on request)

Vegan Breakfast.....£7.00

2 Quorn sausage, baked beans, grilled tomato, mushrooms, mini hash browns, and toast (add egg for vegetarian)

Children's Breakfast.....£4.00

Bacon, Sausage, baked beans and toast (GF on request)

Breakfast Baguette – choose from:

Bacon.....	£4.50
Sausage.....	£4.50
Vegan sausage.....	£4.50
Extra filling.....	£1.00

American style pancakes.....£4.50

Ministack of buttermilk pancakes topped with chopped bacon and maple syrup

Greek style yoghurt£4.50

with banana and honey

Porridge£4.50

with banana and honey

Plain Porridge.....£3.50

Toast or vegan croissant£2.50

with butter and jam or marmalade (GF toast available)

.....Hot Drinks.....

Americano.....	£2.80
Latte.....	£2.90
Mocha.....	£3.20
Cappuccino.....	£2.90
Flat White	£2.90
Tea.....	£2.50
Fruit Tea.....	£2.50
Hot Chocolate.....	£2.90
Deluxe Hot Chocolate.....	£3.40

.....Cold Drinks.....

Pepsi.....	£1.70
Tango.....	£1.70
Dr Pepper.....	£1.70
Cloudy Lemonade.....	£1.80
Pepsi Max.....	£1.60
7up Zero.....	£1.60
Apple/Orange Juice Carton.....	£1.00
Milkshake Carton.....	£1.00
Still/Sparkling Water.....	£1.50

.....Coffee & Cake.....



Coffee and Cake.....£5.50

Ask a member of staff for daily options

add syrup or swap to deluxe hot choc + 50p

	Baguette with salad garnish	Salad	Jacket Potato with salad garnish
Carmarthenshire Ham.....	£6.00	£7.00	£7.00
Cheese/Vegan Cheese.....	£6.00	£7.00	£7.00
Chicken Tikka.....	£6.50	£7.50	£7.50
Tuna Mayo.....	£6.50	£7.50	£7.50
Garlic Mayo Chicken Mayo.....	£6.50	£7.50	£7.50
Beans & Cheese.....	-----	-----	£7.50
Cheese & Coleslaw.....	£6.50	£7.50	£7.50

Toasted Ciabattas

Cheese and Ham	£7.50
Tuna and Cheese.....	£7.50
Brie and Cranberry	£7.50
Bacon, Brie and Cranberry	£8.00
Sausage, Cheese and Chutney	£8.00
Sweet Chilli Chicken	£7.50
BBQ Pulled Pork and Cheese	£8.00

Pizza

Margherita (V).....	£12.50
Vegetable.....	£13.00
(onions, peppers, mushrooms, tomatoes (V))	
Ham and Mushroom.....	£13.50
Pepperoni.....	£13.50
Meat Feast	£14.00
(pepperoni, ham, chicken)	

Loaded Fries

Cheese and beans loaded fries (V/GF)	£7.50
Cheese and bacon loaded fries (GF).....	£8.00
Pulled pork loaded fries (GF).....	£9.00

Sides & Extras

Vegetable Spring Rolls(VG)	£7.00	Fries (VG/GF).....	£3.50
Southern Fried Chicken Strips	£7.50	Battered onion rings (VG)	£3.50
Garlic Bread (VG)	£3.50	Homemade Coleslaw (V)	£1.50
Cheesy Garlic Bread (V)	£4.00	Tater tots (VG/GF)	£4.00

2 Main Meals £22
Mix and match from any



British Beef Lasagne	£13.50
Rich bolognaise sauce layered with pasta sheets, topped with bechamel sauce and cheese. Served with salad and garlic bread	
Vegetable Lasagne★	£13.00
Mixed Mediterranean vegetables in tomato sauce, layered with pasta and topped with bechamel sauce and cheese (V)	
Homemade Chicken Curry🌶️🌶️★	£13.50
Chicken pieces in fragrant sauce of onions, peppers and tomato, served with rice or chips. Upgrade to half and half for £1 (GF)	
Breaded Scampi★	£13.50
Wholetail scampi encased in crispy breadcrumbs with garden peas and chips	
Chicken Shawarma Kebab🌶️🌶️	£14.00
Succulent pieces of chicken thigh marinated in yoghurt and spices. Served in a Lebanese flatbread with salad, mint yoghurt, chilli sauce and fries	
Sweet Potato Falafel Kebab	£13.50
Mildly spiced sweet potato and chick pea falafel. Served in a Lebanese flat bread with salad, mint yoghurt, chill sauce and fries (VG without mint yoghurt)	
Southern Fried Chicken Strips★	£13.00
Crispy southern fried mini fillets, with salad, chips, smokey BBQ sauce and homemade coleslaw	
Southern Fried Chicken Strip Burger★	£13.00
Brioche style bun loaded with mini chicken fillets, salad, topped with cheese and bbq sauce, served with fries	
Peppercorn Chicken	£14.50
Chicken breast topped with peppercorn sauce, served with chips or mash and Parisian carrots (G/F)	
Beef Bourguignon	£14.50
Rich beef and red wine stew served with mash and parisian carrots (G/F)	
Smoked Haddock and Mozzarella Fishcakes	£14.50
A delicious blend of smoked haddock, creamy chunks of mozzarella, spring onions and fresh potato coated in crispy breadcrumbs served with chips and salad	
Ratatouille★	£12.50
Mediterranean vegetable and tomato stew served with rice (Vegan G/F)	
Caban Hunters Stack	£14.50
Breaded chicken fillet topped with BBQ pulled pork and cheese served with chips and salad	
Halloumi Stack (V)	£14.50
Grilled halloumi, sweet potato falafel with sweet chilli sauce in a brioche bun served with chips	
Lamb Cawl	£10.00
Traditional Welsh soup served with welsh cheddar and crusty bread (GF available)	

2 mains for £22
Mix and match from any



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

GF – Gluten Free, V – Vegetarian
VG – Vegan

Caban



CHILDREN'S • MENU •

Served 8am – 11:30pm

BREAKFAST

Mini Breakfast - Bacon, Sausage, Beans, Toast (GF on request) £4.00

American Style Pancakes - with bacon & maple syrup £4.50

Plain Porridge (V) £3.50

Porridge - with banana & honey £4.50

Toast or Croissant - with butter of jam £2.50

(GF toast available on request)



Served from 12pm - 9pm

MAIN MEAL

Chicken Fillet Bites

Served with with fries or jacket potato & peas or beans

Thick Pork Sausage

Served with with fries or jacket potato & peas or beans

Battered Cod Goujon

Served with with fries or jacket potato & peas or beans

Ham Salad

Served with crusty baguette

Jacket Potato - Cheese or Beans

**£4.90
each**



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Cyngor Sir Gâr
Carmarthenshire
County Council

