The Kitchen Table

ALL DAY BREKKIES

Full on Breakfast £8
Bacon, sausage, 2 eggs, mushrooms, sauté potatoes, beans & toast

Bacon Breakfast (gfo) £8
2 bacon, 2 eggs, mushrooms, sauté potatoes, beans & toast

Veggie Breakfast (v) £8
Veggie sausage, 2 eggs, mushrooms, sauté potatoes, beans & toast

Vegan Breakfast (vn, gfo) £8
Sesame tofu, toast, mushrooms, beans, tomato & sauté potatoes

Choose Your Own Breakfast from £4 (£1 per item - min of 5 items)
Bacon, beans, toast, sausage, mushrooms, tomato, sauté potatoes, Veggie sausage or egg

Vegeree (v, gf) £8
Brown rice cooked with spices & served with a boiled egg, topped with halloumi

Bubble & Squeak (v, gf) £9
Served with a fried egg & bacon/veggie sausage

Eggs on Toast (v) £4.50
Scrambled, poached or fried (add smoked salmon £2.50)

Scrambled Tofu (vn, gfo) £9
With fresh ginger, coriander & spices served on toasted organic sourdough

Omelette (v, gfo) £8
Made with 3 eggs & a choice of one filling - cheese, mushrooms, tomato or goats cheese (extra filling **£1** each). Served with sauté potatoes & side salad.

BREAKFAST ROLLS
Egg **£2.50**, bacon **£3.50**, sausage/veggie sausage **£3.50**
(extras **£1** per item)

Homemade Granola & Yoghurt/Porridge £4.50
Served with fruit compote

Tea Cake £1.95 / Toast & Butter £1.50
Add jam, marmalade, peanut butter or marmite 50p

DAYTIME MENU

TOASTIES £5.95
Cheese & Onion / Cheese & Bacon
Cajun Chicken with Mango Chutney & Mozzarella
Bacon, Brie & Cranberry
Crispy Tofu with Ginger & Peanut Sauce (vn)

FILLED ROLLS
Cheese & Chutney (v) £5.50, Cheese & Tomato (v) £5.50,
Smoked Salmon & Cream Cheese £6.50
Chicken & Pesto Mayo £6.50, Egg Mayo (v) £5.50

KITCHEN TABLE FAVOURITES

Homemade Soup of the Day (v) £5
Served with toasted organic sourdough. Add cheese roll £2.50

Nasi Goreng (v, gf) £9.95
Vegetable fried rice in a spicy sweet soy dressing with roasted nuts & topped with a fried egg (add chicken £2)

Mezze Plate (Ideal for 2) (v) £8.95
Olives, feta cheese, homemade hummus, salad & toasted organic sourdough

Roast Veg Salad (gfo) £9.95
Green leaves with roasted seasonal vegetables topped with either tofu (vn), halloumi cheese (v), smoked salmon or chicken Aris salad with homemade pesto & toasted seeds, served with toasted organic sourdough

Goat's Cheese Salad (v) £9.95
Grilled goat's cheese set on a toasted bruschetta topped with caramelised red onion marmalade accompanied by a dressed side salad with sun-blushed tomatoes

BURGERS

Our burgers are served in a bun or on the loaf (gfo) with a hearty side salad & your choice of sauté potatoes, sweet potato fries or potato salad

Organic Beef Steak Burger (gfo) £10.95
Made with organic steak mince, salt & pepper

Organic Lamb Burger (gfo) £10.95
Organic lamb & mint burger

Cajun Chicken Burger (gfo) £10.95
A succulent chicken breast marinated in Cajun spices

Heavenly Halloumi Burger (v) £10.95
A homemade blend of grated halloumi cheese, carrot, beetroot with red onion, fresh mint & coriander

Curried Chickpea Burger (vn, gfo) £10.95
Made from chickpeas, shallots & coconut with Indian spices

Add Cheddar, Halloumi, Bacon or Veggie Chilli £1 each

SMALL STUFF

Homemade Soup of the Day (v) £5
Served with toasted organic sourdough

Bruschette (v) £5.95
Choose from garlic mushroom & pesto or sun blushed tomato, buffalo mozzarella & basil

Crab Cakes £6.50
Served with Jack's on Fire sauce (medium hot)

Smoked Salmon & Potato Salad £6
With onions, dill & vinaigrette

Mezze (Ideal for 2) (v) £8
Olives, feta, homemade hummus, salad & toasted organic sourdough

BIG STUFF

8 oz Rump Steak (gf) £16.95
Succulent and cooked to your liking served with a hearty side salad & sauté potatoes or potato salad

Roast Veg Salad (gfo) £9
Green leaves with roasted seasonal vegetables topped with either tofu (vn), halloumi cheese (v), smoked salmon or chicken Aris salad with homemade pesto & toasted seeds, served with toasted organic sourdough

EVENING EXTRAS

Brown Rice Stir-Fry (gf, vno) £11
Brown rice with grilled seasonal vegetables topped with either tofu (vn), halloumi (v) or chicken Aris salad with a soy sauce & sesame seeds

Five-Bean Chilli Nachos (v) £9.50
A five-bean chilli served on tortilla chips topped with melted mozzarella cheese served with sour cream & guacamole

Goat's Cheese Salad (v) £9.95
Grilled goat's cheese set on a toasted bruschetta topped with caramelised red onion marmalade accompanied by a dressed side salad with sun-blushed tomatoes

FISH OF THE DAY

Please see special's board or ask a member of the team for details

Don't forget to check out our special's board for other delicious dishes!

KID'S STUFF

Lighter bites, ideal for children or for those with a smaller appetite

Burgers £6
Sausage, Beans & Sauté Potatoes £6
Chicken Nuggets, Beans & Sauté Potatoes £6
Boiled Egg & Soldiers (v) £2.50
Cheese on Toast (v) £2
Beans on Toast (v) £2

BIT ON THE SIDE

Bread & Olives (v) £3.95
Garlic Mushrooms (v) £2.50
Sauté potatoes £2.50
Sweet Potato Fries £2.50
Potato Salad £2.50
Side Salad £2

SWEET STUFF

Chocolate Brownie (v, gf) £5
Served warm with either pouring cream or ice cream

Seasonal Fruit Crumble (v) £5
Served hot with either pouring cream or ice cream

Raw Chocolate & Walnut Torte (vn, gf) £5
A raw chocolate torte with an almond, date & walnut base

Affogato (gf) £4
Two scoops of vanilla ice cream topped with a hot shot of espresso

Ice Creams (gf) £3.50
Choose from vanilla, strawberry, chocolate, caramel crunch and vegan boogie chocolate* (*contains cashew nuts); *Note: Vanilla served per scoop, the rest are served from individually priced tubs

v = vegetarian vn = vegan gf = gluten free
gfo = gluten free option vno = vegan option

Please inform us of any allergies or dietary requirements at the time of ordering

COFFEE

Cappuccino	Sgl £2.20 / Dbl	£2.50
Americano	Sgl £2.20 / Dbl	£2.50
Latte	Sgl £2.20 / Dbl	£2.50
Macchiato	Sgl £2.20 / Dbl	£2.50
Espresso	Sgl £2.20 / Dbl	£2.50
Flat White		£2.50
Bailey's Latte		£4.50
Mochachino		£2.50
Hot Chocolate		£2.50

If you would prefer decaf coffee please let us know

TEA £2

Loose Leaf Tea
Served in a pot. Choose from English Assam Breakfast or Earl Grey

Welsh Brew / PG Tips
Served in a mug

Speciality Teas
Mint, Rooibos, chamomile, mixed berry, green, Chai tea

Hot Honey, Lemon & Ginger

FRESHLY MADE JUICES

These juices are made to order using fresh, local ingredients

Fresh Red £3.50
Carrot, apple, beetroot & ginger

Fresh Green £3.50
Celery, apple, spinach, lime & ginger

COLD DRINKS

Apple / Orange Juice £2.30

Cordial £1.80
Choose from Elderflower / Lemon / Ginger / Blackcurrant & Blueberry with still or sparkling water

Milkshakes
Full (served in mini milk bottle) £1.50 / Regular £2 (with ice cream £3)

Fentimans Cola £2 / Diet Coke £2

BEERS, CIDERS & LAGERS £4.50

Gower Gold	500ml	Cwrw Braf	500ml
Cwrw Idris	500ml	Blodwen	500ml
Lighthouse Lager	500ml	Magic Lagyr	500ml
Apple Cider	500ml	Pear Cider	500ml

WINE Glass (175 ml) £4.30/Bottle £18
Merlot, Rioja, Sauvignon Blanc, Pinot Grigio, Rosé

PROSECCO Glass £4.80 / Bottle £19

SPIRITS £2.50 We stock a selection of spirits 25 ml

MIXERS £1 Tonic, soda water, orange juice, apple juice, sparkling lemon / elderflower / ginger

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