



*Anything with bread can be substituted for **gluten free** bread.*

We also have specials that change daily, one is usually gluten free.

Our salads are nearly always gluten free.

If there's a dish you really like with gluten in, then we can do our best to chop and change things around so that its gluten free, obviously some dishes this wont be possible.

We also have gluten free brownies/ gluten free roulade.

Breakfast served until 11.30

Croissant £1.50 / pain au chocolat £1.80
Two slices of organic toast with butter and jam/marmalade £2.25
Gypsy toast-organic toast with real butter, sugar and cinnamon £2.25
Plumvanilla fave. Avocado, fried egg and chilli tomato salsa on toast £5.95
Homemade gluten free granola, organic yoghurt, fresh fruit and chia seeds £5.95
Toast with scrambled eggs £3.95
Toast with scrambled egg and smoked salmon or roast vine tomatoes £5.95
Homemade Smokey baked beans on toast £3.95
Toast with fried egg and bacon £4.50
Additional egg/bacon/ 70p
Additional salmon, tomatoes, beans £1.50

Lunch

Homemade soup of the day – served with homemade bread £5.50

Bowl of mixed salad – selection of exciting homemade salads with mixed leaf garnish and homemade bread £7.25
Served with a choice of free range chicken, sweet chilli prawns, smoked salmon, ham, local cheese, or vegetarian pate £9.25

Spicy Asian salad

Warm Free range chicken or tofu with soy lime and ginger glazed noodles topped with zingy fresh chilli vegetable salad £10.95

Smoked mackerel salad

Smoked mackerel on a bed of warm potatoes fresh beetroot and mixed leaves with a zingy yoghurt dressing £9.95

Local goats curd salad

Local goats curd in a pistachio crust, grilled on mini bruschettas and served on a bed of mixed leaves and fresh orange, with a tamarind and date dressing £9.95

Swansea special ciabatta

Grilled ciabatta topped with bacon, Caws Preseli cheese and caramelised onion £7.50

Halloumi ciabatta

Grilled ciabatta topped with chilli tomato salsa and pan fried halloumi £7.50

PlumVanilla special taster platter £8.95 or for two £16

Welsh cheese ploughman's platter £7.95 or for two £15

Plumvanilla special Middle Eastern platter £11.95

Please see today's specials board

Filled ciabattas served with salad garnish and crisps.

A choice of ham, sweet chilli prawns, smoked salmon, cured meats, local cheeses or vegetarian pate £5.95 free range chicken £ 6.45 add an extra filling or homemade chutney 70p

Oven baked jacket potatoes served with a salad garnish and choice of fillings.

Sweet chilli prawns £6.95

Smoked salmon and cream cheese £6.95

Ham and cheese £5.50

Cheese and coleslaw £5.50

Smokey homemade baked beans and cheese £6.00

Extra filling veggie £1.50 meat £2

Kiddie's menu

Small homemade soup £3.95

Picnic platters – a selection of meat, cheese, vegetable sticks, fruit, crisps and bread £4.50

Noodle platter – soy sauce noodles vegetable sticks and chicken or tofu £4.50

Sides

Homemade speciality bread and olives £4.95

Bread £1.95

Wasabi nuts £1.50

Desserts

Organic Booja Booja ice cream – guiltless delight.

Gluten dairy and soya free ice cream £3.95

Please choose from our daily selection of homemade cakes and desserts