

DAYTIME MENU

(Served only from 9:30am till 3:30pm)

FULL ON BREAKFAST @ £6.99 GFO

Free range egg, bacon, pork sausage, beans, mushrooms, sauté potatoes and toast

VEGGIE BREAKFAST @ £6.99 GFO VNO

Veggie sausage, toast, mushroom, grilled tomato, beans, sauté potatoes & fried egg or VEGAN option grilled tofu

BIG BREAKFAST @ £10.99 GFO

2 free range eggs, 2 pork sausages, 2 bacon, grilled tomato, baked beans, sauté potatoes, mushrooms & toast

VEGEREE @ £6.99 GF

Spiced basmati rice with grilled Halloumi, Greek yogurt & topped with a poached egg

BUBBLE AND SQUEAK @ £7.99 GF VNO

Pan-fried medley of potatoes & vegetables served with a choice of bacon, pork sausage or veggie sausage & topped with a fried egg

FREE AMERICANO COFFEE OR A MUG OF TEA WITH ANY OF THE ABOVE BREAKFASTS

TOAST TOPPERS @ £7.50 GFO

Two slices of sour dough toast with your choice of topping

Avocado, Tomato & Feta cheese

Smoked salmon & Avocado

Spiced Scrambled Tofu VN

Add a poached egg or scrambled egg @ £1.00 each

EGGS ON TOAST

Two scrambled, poached or fried eggs on two slices of sourdough toast @ £4.00 GFO

Add smoked salmon £2.50 extra

PORRIDGE & FRUIT COMPOTE @ £4.00 GF VNO

BUILD YOUR OWN BREAKFAST (MIN OF 4 ITEMS) @ £1.00 PER ITEM. Bacon, pork sausage, tomato, mushroom, veg sausage, beans, sauté potatoes, spinach, Grilled tofu, avocado, free range egg or sourdough toast

BREAKFAST ROLLS GFO

Fried Egg @ £2.00 Grilled Bacon, pork or veggie sausage @ £3.00 add an egg @ £1.00 extra

FREE RANGE EGG OMELETTE @ £8.99 GFO Three egg omelette served with a choice of one filling Cheddar Cheese, Bacon, Mushrooms or Tomato. Served with a salad garnish and fries (Additional Filling @ £1.00 PER ITEM)

JACKET POTATOES GFO

Welsh Cheddar Cheese @ £5.99

Baked Beans @ £5.99 VN add cheese £1.00 extra

Warm Brie & Red Onion Marmalade @ £6.99

Tuna & Mayonnaise @ £6.99

Five Bean Chilli @ £7.50

Chicken and cashew nut curry @ 7.99 N

Veggie curry @ £7.99 VN

FILLED ROLLS GFO

Welsh cheddar Cheese @ £5.99

Chicken, pesto mayo & tomato @ £6.99 N

Tuna and mayonnaise @ £6.99

Smoked Scottish salmon @ £6.99

Add a scoop of fries / sweet potato fries @ £1.00 extra

GRILLED FILLED FLATBREADS

Traditional Club (Grilled chicken, Bacon, Lettuce, Tomato & mayo) @ 9.99

Cajun Chicken, Mozzarella & Mango Chutney @ £9.99

Bacon, Brie and Cranberry @ £8.99

Grilled Halloumi, Aubergine & Chipotle mayo. £8.99

Roasted Vegetables, Pesto & Hummus £8.99 VN N

All served with salad garnish and a scoop of fries

CREAM TEA @ £5.99 Gluten free

(All below Served from 9:30am till 4:00pm)

Two handmade Fruit scones with strawberry jam & clotted cream. Served with a pot of English breakfast or Earl grey tea

Handmade fruit Scone & butter @ £1.50 GF
All sponge cakes on the counter @ £2.99 N

TOASTED TEACAKE or TOASTED SOUR DOUGH BREAD & BUTTER @ £2.00 VNO

Selection of preserves available @ 50p extra

DOGS ARE WELCOMED ON THE GROUND FLOOR AREA ONLY

Dog sausage treat @ £2.00

DAYTIME & EVENING MENU

from 9:30am till 3:30pm & 6pm to 9pm

STARTERS - LIGHT BITES

HOMEMADE SOUP OF THE DAY @ £5.50 Served with a choice of toasted sourdough bread or ciabatta roll GFO VN

DEEP FRIED HANDMADE CRAB CAKES @ £6.99 Served with a sweet chilli dip

GARLIC MUSHROOM BRUSCHETTA @ £6.99 Served with a Green pesto dressing VN GFO N

BEETROOT, FETA AND WALNUT SALAD @ £6.99 Set on a bed of dressed salad leaves GF N

BAKED CAMEMBERT @ £9.99 (ideal for sharing) Served with red onion marmalade, olives, & sour dough toast GFO

VEGETARIAN MEZZE @ £9.99 (ideal for sharing) Mixed olives, feta cheese, hummus, side salad & sour dough toast GFO

BREAD BOARD @ £3.99 GFO Two thick slices of sour dough bread, olive oil & balsamic vinegar GFO

MAIN DISHES

PLEASE CHECK OUR BLACKBOARD FOR DAILY SPECIALS

GRILLED 8oz RUMP STEAK @ £16.99 GF

BLACKENED CAJUN CHICKEN BREAST @ £12.99 GF

All served with a grilled tomato, mushrooms, onion rings @ a choice of skin on fries or sweet potato fries

ORIGINAL QUARTER POUNDER @ £9.99 GFO

4oz Beef Burger topped with bacon and cheese & a tomato salsa

BLACKENED CAJUN CHICKEN BURGER @ £10.99

Served with a Chunky Tomato salsa

CHICKPEA, SPINACH & FALAFEL BURGER @ £8.99 served with mango chutney GFO VN

All served in a ciabatta roll (GFO) or on the leaf with a choice of skin on fries, sweet potato fries or sauté potatoes

FISH & CHIPS @ £9.99 GF

Fresh cod fillet in a homemade gluten free beer batter with garden peas, tartare sauce & skin on fries. (veggie option battered Halloumi cheese)

BAKED FILLET OF SALMON WITH A LEMON, HERB & FETA CHEESE CRUST @ £11.99 Served with buttered new potatoes and oven roasted vegetables GF

MOULES FRITES @ £9.99 Mussels in garlic and white wine, served with skin on fries. GF

SRI LANKAN CHICKEN AND CASHEW NUT CURRY @ £11.99 N GF

SWEET POTATO, CHICKPEA AND SPINACH CURRY @ £10.99 VN GF

All served with spiced basmati rice, poppadum & mango chutney. Extra poppadum available @ 50p

FIVE BEAN CHILLI NACHOS @ £9.99 Medley of chilli beans served on a bed of tortilla chips & topped with mozzarella cheese & Served with sour cream & guacamole GF

NASI GORENG @ £10.99 Vegetable fried basmati rice with a sweet spiced soy dressing, topped with Nasi spiced cashew nuts and a fried egg or Grilled Tofu

Add Chicken. @ £2.50 contains sesame oil GFO VNO N

ROASTED VEGETABLE SALAD @ £9.99 Oven roasted vegetables set on a bed of pesto dressed salad leaves, Homemade Raw slaw and served with a choice of ciabatta roll or sourdough toast GFO VNO N

CHOICE OF TOPPINGS Roasted Chicken, Grilled Halloumi Cheese, Smoked Salmon or Grilled Tofu

SMALL PLATES (Children Meals)

Fresh Cod goujon's & chips @ £4.99 GF

Pork or Vegetarian Sausage & chips @ £4.99 GF

Battered Chicken Nuggets & chips @ £4.99

(All of the above served with a choice of peas or beans)

Cheddar Cheese Toastie @ £3.00 GFO

Beans on Toast @ £2.00 Double up @ £4.00 GFO

Cheese on Toast @ £2.00 Double up @ £4.00 GFO

Egg on Toast @ £2.00 fried, poached or scrambled GFO

BITS ON THE SIDE all @ £2.99 GFO VNO
Skin on fries / Sweet potato fries / Sauté potatoes / Homemade Onion Rings / Roasted Vegetables / Side Salad / Grilled Halloumi / Grilled Tofu

DESSERTS @ £5.50

Raw Chocolate & Hazelnut Torte VN GF N

Seasonal Fruit Crumble with ice cream or custard VNO GFO

Hot Raspberries over vanilla ice cream VN GF

Sticky Toffee Pudding with vanilla ice cream or custard GFO

Warm Chocolate Brownie & Ice cream VN N

Affogato VN GF

DRINKS MENU

All our coffees are made using fair trade beans. If you prefer decaffeinated please let us know. We offer a choice of Whole, Skimmed or Organic Soya Milk. Double Cream available 20p extra

COFFEE

Americano @ £2.00

Espresso @£2.00

Cappuccino @ £2.30 mug size £2.90

Latte @ £2.50

Baileys/Amaretto Latte @ £5.00

Flat white @ £2.50

Iced coffee @ £2.30

Baby-chino @ £1.00

Extra shot @ 60p

Vanilla / Hazelnut / Gingerbread syrup @ 60p

TEA

Mug £2.00

English Breakfast or Earl Grey Teapot @ £2.30

Chai Latte @ £2.50

Herbal Tea @ £2.30

(Peppermint / Green / Camomile / Red Bush / Mixed berry / Honey, Lemon & Ginger)

HOT CHOCOLATE VNO

Regular @ £2.50 kids @ £1.75

Special @ £3.50 kids @ £2.50

(whipped cream and marshmallows)

Mocha @ £3.50

FRESH JUICE DRINKS @ £3.75 made to order

Mean green celery, spinach, lime, ginger and apple.

Fresh red carrot, beetroot, ginger and apple.

COLD DRINKS

Cucumber and Mint Iced Tea £3.00

Lemon iced tea @ £3.00

Coke/Diet Coke @ £2.20

Fentimans Lemonade @ £2.20

Fentimans Ginger Beer @ 2.20

Fentimans Mandarin Orange @ £2.20

Fentimans Elderflower @ £2.20

Lime /Black currant / Orange Squash @ £1.50

Robinson's Fruit Shoots @ £1.50

Orange / Apple Juice @ 2.20 kids £1.10

Sparkling / Still Mineral Water @ £1.50

MILKSHAKES Dairy Milk /Organic Soya Milk

Regular @ £2.50

Ice cream Milkshake @ £3.50 VNO

Banana /Chocolate / Vanilla/ Strawberry

ALCOHOLIC DRINKS

BEERS, LAGER AND CIDER

Gower Gold 500ml 4.5% vol @ £4.50

Lighthouse Lager 500ml 4.5% vol @ £4.50

Gower Power (I.P.A) 500ml 5.5% vol @ £4.50

Magners Apple Cider VN 568ml 4.5% vol @ £4.99

Hop House 13 VN 330ml 5% vol @ £3.50

Gluten free Pilsner lager 330ml 4.5% vol @ £4.99

Beck's alcohol free 0% vol 275ml @ £3.00

HOUSE WINES

RED

Bushranger Shiraz 14% vol

Bottle @ £16.99 125ml @ £3.50 175ml @ £4.50

Don Placero Rioja 13.5% vol

Bottle @ £17.99 125ml @ £3.50 175ml @ £4.50

WHITE

San Antonio Pinot Grigio 12% vol

Bottle @ £15.99 125ml @ £2.99 175ml @ £3.99

San Perito Sauvignon Blanc 13% vol

Bottle @ £14.99 125ml @ £2.99 175ml @ £3.99

ROSE

Hawks Peak Zinfandel 10.5% vol

Bottle @ £14.99 125ml @ £2.99 175ml @ £3.99

SPARKLING

Promo Prosecco 11% vol

Bottle @ £18.99

SPIRITS @ £2.50

Tonic Water @ £1.50

Bitter Lemon @ £1.50

OPENING TIMES

DAYTIME

MONDAY - SUNDAY 9:30 a.m till 4:00pm

Last food orders @ 3:30 pm

EVENING

THURSDAY-FRIDAY-SATURDAY

6:00pm till 10:30pm

Last food orders @ 9:00pm

PLEASE COULD YOU INFORM US OF ANY DIETARY REQUIREMENTS OR FOOD INTOLERANCES YOU MAY HAVE BEFORE YOU PLACE YOUR ORDER

N- NUTS VN - VEGAN VNO - VEGAN OPTION

GF - GLUTEN FREE GFO - GLUTEN FREE OPTION

BRING YOUR OWN WINE OR BEER

AVAILABLE TO EVERYONE HAVING A MAIN COURSE

PROUD TO USE LOCAL SUPPLIERS

N.D. John Wine Merchants, Ty Siriol welsh pork farmers, Naturally Kind Cakes, Welsh Brew Tea, Gower Brewery, Alex Gooch Artisan Baker, Ellis Eggs, Fred Ley's Green Grocer & Black & white coffee company.

