



Breakfast

Served from 9.00am until 11.00am

Toast with jam <i>VE*, V, GF*</i>	£2.30
Eggs on toast <i>V</i>	£4.40
Beans on toast <i>V/GF</i>	£3.75
Porridge bowls	<i>Adults</i> £4.50
	<i>Children</i> £2.95
<i>Banana and chocolate</i> <i>V</i>	
<i>Apple and cinnamon</i> <i>V</i>	
<i>Berry and almond</i> <i>V</i>	
Full Welsh breakfast	<i>Adults</i> £9.75
	<i>Children</i> £4.95
Vegetarian breakfast <i>VE*, V</i>	<i>Adults</i> £9.75
	<i>Children</i> £4.95
Spiced tomato and shakshuka beans <i>V</i>	£9.75

*GF – Gluten free / * - Amendments Possible / V – Vegetarian / VE – Vegan*

For all allergy or dietary requirements, please ask a member of our staff for our Allergen Matrix.

We cannot guarantee all items are 100% allergen free as other dishes which do contain the allergen are prepared and cooked in the same kitchen.

Lunch

Served from 12.00pm until 3.30pm

Panini.....£8.75

Avocado, lettuce and tomato **VE*, V, GF***

Chicken, bacon, lettuce and tomato **GF***

Halloumi, red pepper and chilli jam **VE*, V, GF***

Ham and cheese **GF***

Salad

Flaked salmon **GF***£14.95

With new potatoes and lemon mayo

Avocado and beetroot **VE, V, GF***£12.50

Chicken and chorizo **GF***£12.50

Jacket potato

Vegetable and bean chilli **VE, V, GF..** £8.00

Cheese and/or baked beans **VE, V, GF***
.....£7.50

Turkey meatballs in tomato sauce.£9.00

Salmon in lemon mayonnaise£9.00

Bowl

Mexican chicken **GF***£13.00

Mango & avocado salsa, brown rice & quinoa

Teriyaki aubergine **VE, V**.....£12.50

With rice noodle miso broth

Sweet potato and root veg hash **V, GF***

.....£12.50

Topped with a fried egg

(Add sausage +£2.50)

Teriyaki salmon **GF***£14.95

Rice noodle miso broth

Flatbread

Greek chicken mezze.....£12.95

Sweet potato hummus and tahini yoghurt

Halloumi and red pepper **VE*, V**....£12.50

With spicy beans and sour cream

Turkey meatballs.....£12.50

Marinara sauce and cheese

Children's Lunch

Sandwich.....£4.50

Chicken **GF***

Ham and/or cheese **VE, V, GF***

Jacket potato.....£4.50

Turkey meatballs in tomato sauce

Cheese and/or baked beans **VE, V, GF**

Bowl.....£6.50

Steamed chicken, mango & avocado salsa,
brown rice **GF**

Root veg hash, baked beans, fried egg **V, GF**

(Add sausage +£1.00)

Turkey meatballs, marinara sauce, cheese,
flatbread

Sides

Root vegetable fries **VE, V, GF**£4.20

Zesty couscous **VE, V**£3.50

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