BREAKFAST

Served all day

HONEY GRANOLA  
Our house seeded granola, made without sugar, served with your choice of organic Welsh milk or natural Welsh yoghurt.

NATURAL YOGHURT BOWL  
A bowl of smooth and creamy Welsh natural yoghurt.

ORGANIC PORRIDGE  
Creamy organic porridge oats made with organic Welsh milk.

Add breakfast toppings to any of the above to make it your own.

SNACKS & NIBBLES

Served all day

TOASTED FLATBREADS  
A folded filled flatbread (try saying that after three pints), toasted on our sandwich press and served with salad leaves. Choose from:
- Salami, tomato and cheddar
- Mozzarella, basil and tomato

HOUMOUS, BREAD + OLIVES  
Organic houmous with a dash of paprika, pitted green and Kalamata olives in a chilli, ginger and basil marinade, and sliced sourdough bread.

PORTION OF OLIVES  
A small mixed bowl of pitted green and Kalamata olives in a chilli, garlic and basil marinade.

LUNCH

Served 11am - 2.30pm

STUFF ON TOAST

Served on thickly cut buttered sourdough or gluten-free brown ciabatta.

MASHED AVOCADO  
Freshly prepared mashed avocado, simply seasoned and topped with crushed chilli flakes.
- add houmous

CLASSIC CHEDDAR  
Organic grated cheddar melted under the grill.
A comforting classic.
- add parma ham
- add chilli jam

COWBOY BEANS  
A delicious blend of haricot, pinto, cannellini, borlotti and red kidney beans in tomato and espresso barbecue sauce.
- add grated organic cheddar cheese

SPECIALS

If you're lucky, we might have a little something else on offer for you. Check the specials board for any additional offerings, such as salads, sandwiches, artisan cold meat pies and freshly made soups.