

BREAKFAST

Served all day

HONEY GRANOLA v £2.50

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

NATURAL YOGHURT BOWL v, GF £2.00

A bowl of smooth and creamy Welsh natural yoghurt.

ORGANIC PORRIDGE v, GF £2.50

Creamy organic porridge oats made with organic Welsh milk.

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

BREAKFAST TOPPINGS

Local Honey, Cinnamon, Maple Syrup +20p

Berries, Raisins, Nuts, Seeds +30p

SOURDOUGH TOAST v (VGN,GF) £2.50

Thickly cut sourdough, served with real butter and your choice of spread.

TOASTED SCIOCHE v £3.00

A what? That's right. The secret love child of a scone and a brioche. Choose from lemon and poppy seed or fruit, and we'll serve it up with real butter and your choice of spread.

FRESHLY BAKED CROISSANT v £2.00

Cooked fresh each day, and served warm with butter and your choice of spread.

SPREADS

Local Jam, Local Marmalade, Local Honey, Marmite

PLEASE ASK US FOR ALLERGY INFORMATION.

V= vegetarian GF= gluten free VGN= vegan

If symbols are in brackets, it indicates an option is available. Please let your server know if you require this option.

SNACKS & NIBBLES

Served all day

TOASTED FLATBREADS v (VGN, GF) £3.00

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 VGN (GF) £3.50

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 VGN, GF £2.00

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** v (VGN,GF) £4.00

Freshly prepared mashed avocado, simply seasoned and topped with crushed chilli flakes.
 - add houmous +50p

↳ **CLASSIC CHEDDAR** v (GF) £3.50

Organic grated cheddar melted under the grill.
 A comforting classic.

- add parma ham £1.00
 - add chilli jam +50p

↳ **COWBOY BEANS** v (VGN,GF) £3.50

A delicious blend of haricot, pinto, cannellini, borlotti and red kidney beans in tomato and espresso barbecue sauce.

- add grated organic cheddar cheese £1.00

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.