

LUNCH

AVAILABLE
MONDAY - FRIDAY
12PM - 5PM

SMALL PLATES & BOWLS

Vegan super food salad packed with baby gem lettuce, avocado, azuki beans, tomatoes and black rice topped with a drizzle of Pembrokeshire oil, mini loaf £8.95 (VE)

Caesar salad served with Parmesan shavings, croutons and anchovies, mini loaf £7.95
Add Chargrilled chicken £3.95

Macaroni cheese, rich and creamy cheese sauce, aged Italian hard cheese topped with panko breadcrumbs served with garlic bread £6.95 (V)

Traditional lamb Cawl with Welsh Cheddar and mini loaf £8.95 (Va)

SANDWICHES

All served on Malt beer bun
Add Chunky chips, Halen Môn Sea Salt* £3.95

Hamhock with a whole grain mustard mayo £6.95

Crispy, chicken bacon and cheese melt with pepper mayo £7.95

Gower Gold fish finger, Laverbread mayo, baby gem lettuce and tomato £7.95

Welsh cheddar, tomato and onion £6.95 (VEa)

PIZZA £5

AVAILABLE WEDNESDAY - FRIDAY

Margherita, tomato and mozzarella (v) (vea)

Add toppings: Ham, chorizo, Cajun chicken, black olives, pulled pork, pepperoni, Nduja sausage, Cajun vegetables, pineapple, mushrooms, mature Welsh Cheddar, anchovies, sun blushed tomatoes, red chillies, chilli cheese, red onion £1.65 each

V = Vegetarian VE = Vegan a = option available GF = Gluten Free please ask for our gluten free menu

Our food is stored, prepared and cooked in our kitchen where allergens are present.
Therefore, if you have any food allergies or intolerances please let a team member know before ordering.