

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 £9.95 (VE)

Caesar salad served with Parmesan shavings, croutons and anchovies, mini loaf £8.95
Add Chargrilled chicken £3.95

Macaroni cheese, rich and creamy cheese sauce, aged Italian hard cheese topped with panko breadcrumbs served with garlic bread £7.95 (V)

Traditional lamb Cawl with Welsh Cheddar and mini loaf £9.95 (Va)

SANDWICHES

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

Hamhock with a whole grain mustard mayo £7.95

Crispy, chicken bacon and cheese melt with pepper mayo £8.95

Gower Gold fish finger, Laverbread mayo, baby gem lettuce and tomato £8.95

Welsh cheddar, tomato and onion £7.95 (VEa)

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.

We aim to provide the best possible experience and rely on our excellent team to deliver this. To reward them we add a 10% optional service charge, please let us know if you wish to amend this in any way.

HOT DRINKS

WELSH BREW TEA

For the last thirty years, Alan, James & Sarah have worked on establishing their tea as an iconic Welsh brand, a unique blend of African and Indian teas, specifically blended to complement our wonderful Welsh water. Welsh Brew also supply our range of specialty teas and hot chocolate.

WELSH COFFEE CO.

Roasters based in a country renowned for its warm hearted people, stunning mountains, breathtaking views and miles of sandy beaches and coves.

Welsh Coffee co blends and single origin coffees are created from carefully selected high grade green coffee beans, which are lightly roasted by hand in small batches to enhance their unique qualities and flavours.

AMERICANO £2.50

ESPRESSO £2.50

DOUBLE ESPRESSO £3.00

LATTE £3.50

ICED LATTE £3.50

FLAT WHITE £3.50

WELSH BREW TEA £2.50

HOT CHOCOLATE £3.50

Variety of milk, syrups, and iced drinks are available
upon request