

CAKES / CACEN

Cream tea [C][V][VG]	£9.25
Homemade fruit & plain scones with clotted cream, homemade fruit compote & a pot of tea for one	
Welsh cream tea [C][V]	
Homemade plain scone, Bara brith & Welsh cake with clotted cream, homemade fruit compote & a pot of tea for one	£9.25
Bara brith & Welsh cakes	£4.50
Welsh butter	
Homemade fruit & plain scones [C]	£6.00
Clotted cream & fruit compote	
Homemade chocolate brownie	£4.50
Blueberry compote	
Toasted teacake	£4.25
Welsh butter & jam	

LIGHT MEALS / BWYDLEN YSGAFN

(Options unavailable after 17:30pm)

Poached eggs Benedict [C]	£10.00
Homecooked ham, toasted muffin, rocket, hollandaise sauce	
Bacon, sausage & egg on brioche bun [C]	£9.00
House cut chips or sweet potato fries, mixed leaves	
Bacon or sausage on brioche bun [C]	£7.50
House cut chips or sweet potato fries, mixed leaves	
Poached eggs & guacamole [C]	£10.00
Toasted muffin, tomato salsa, rocket, basil oil	
Add grilled Halloumi for £2.50	
Rustic toast, guacamole [C][VG]	£9.00
Smoked applewood cheese, tomato, rocket, basil oil	
Porridge [C]	£6.00
Mapel syrup, blueberry compote or sugar	
Croissant & Pain au raisin	£5.50
Welsh butter & jam	
White or wholemeal toast [C]	£3.50
Welsh butter & jam	

SANDWICHES & WRAPS / BRECHDANAU A WRAPS

All served with crisps or house cut chips

Home cooked ham, onion jam, melted parmesan, rocket, mustard glaze ciabatta [C]	£10.50
Toasted Welsh leek & Gruyère rarebit, brioche bun [C][V]	£9.75
Egg, cress & chive mayonnaise, granary bloomer [C]	£9.50
Turkey club wrap [C]	£10.50
Poached salmon, citrus crème fraîche, rocket, cucumber relish wrap [C]	£10.50

OMELETTES / OMLETS

Please choose 3 items to create your omelette	£13.50
Home cooked ham, cheddar cheese, mushroom, tomato, Feta cheese, spring onion, fresh herbs, smoked pancetta or Gruyère	
Served with buttered vegetables or side salad & a potato option of your choice [C][V]	

HOT BEVERAGES / DIODYDD POETH

TEIFI COFFEE

Filter coffee - Decaf available	£3.50
Espresso / Double Espresso	£3.25/£3.75
Macchiato	£3.25/£3.75
Cappuccino	£3.75
Babyccino / Baby choc	£2.00
Café latte	£3.75
Cortado	£3.50
Flat White	£3.75
Iced latte	£3.75
Mocha	£4.20
Floater coffee	£4.20
Liqueur coffee of your choice	£6.75
Cafetiere for one / Cafetiere for two	£4.00/£6.00
Pot of speciality tea	£3.50
"Welsh Brew" tea, English, decaf English, green tea, chamomile, raspberry & strawberry	
Add syrup flavouring to your coffee	70p per shot
Amaretto, vanilla, mint chocolate, mint, hazelnut or gingerbread	

TEA BIRDS LOOSE TEA LEAVES

Earl grey - A light, bright & beautiful fragrant blend	£3.75
Lemon & ginger - Aromatic, refreshing blend	£3.75
Rooibos - rich, delicious sweet orange & light clove blend	£3.75
Jasmine huang shan ya - Green tea leaves, jasmine, lemon blend	£3.75
Peppermint - fragrant blend of peppermint	£3.75

WHITTARDS of CHELSEA CHOCOLATES

Luxury Italian hot chocolate - Thick, deliciously creamy	£4.00
White hot chocolate - Deliciously creamy white magic	£4.20
Mint hot chocolate - Elegant mint, indulgent chocolate chip	£4.20
Merlyn hot chocolate - Subtle flavours of Welsh Merlyn liquor	£6.75

Please ask a member of the team if you have any dietary requirements as some dishes require adjustment

[C] - Can be suitable for coeliacs with adjustments
[V] - Can be suitable for vegetarians with adjustments
[VG] - Can be suitable for vegans with adjustments

If you require further information regarding the list of allergens, a separate menu is available. All items are prepared with care on the premises where allergens are also used.