



# **Breakfast**



Available from 10am – 11.30am

<b>Big Breakfast</b> 2 sausage, 2 bacon, 2 fried eggs, beans, mushrooms, tomatoes, hash brown bites, and toast (Extra items £1 each. GF sausages available)	£10.95
<b>Breakfast</b> Sausage, bacon, fried egg, beans, mushrooms, tomato, hash brown bites and toast (Extra items £1 each. GF sausages available)	£7.95
<b>Vegan Breakfast (VG)</b> 2 sausages, beans, mushrooms, tomatoes, hash brown bites and toast	£7.50
Children's Breakfast Sausage, bacon, beans and toast	£4.50
Breakfast Baguette Sausage or bacon	£4.95
Scrambled Egg, Beans or Mushrooms on Toast (GF available on request)	£4.50
Sausage and Egg Muffin	£4.50
Toast, Croissant or Toasted Tea Cake All served with butter, jam or marmalade	£2.50
Porridge Pot	£2.50
Pancakes; • Bacon & maple syrup • Mixed Fruit • Biscoff	£4.95 £4.50 £4.50
GF- Gluten Free, VG - Vegan, V - Vegetarian Food allergies and Intolerances, please tell a member of staff before ordering and ask for any information.We have put together a nut free menu although traces may be present in some ingredients	Cyngor <b>Sir Gâr</b> <b>Carmarthenshire</b> County Council



### **Light Bites**

Available from 12pm - close



Soup of the Day	
Please see blackboard for todays soup option.	
Served with toasted baguette and butter	

loasties – Served with a salad garnish & coleslaw
Choose between white or brown bloomer bread with a cheese &
herbs topping

<ul> <li>Cheese and Chutney (V)</li> </ul>	£6.00
Ham and Cheese	£6.50
• Tuna Melt	£6.50
<ul> <li>BBQ Chicken and Cheese</li> </ul>	£6.50

Sandwich/Baguette - Served with a salad garnish & coleslaw

Chicken Tikka	£6.50
<ul> <li>Egg Mayo (VG)</li> </ul>	£5.50
<ul> <li>Ham and Tomato</li> </ul>	£5.25
Ham and Cheese	£5.25
<ul> <li>Cheese and Chutney (V)</li> </ul>	£5.00
GF roll and VG cheese available on request	

Why not add chips for an extra £2.00

Jacket Potatoes - Served with a salad garnish & coleslaw

<ul> <li>Cheese and Chutney (V)</li> </ul>	£6.75
Ham and Cheese	£7.00
• Tuna Mayo	£6.95
Chicken Tikka	£7.95
<ul> <li>Cheese and Beans (V)</li> </ul>	£6.50







## **Main Meal**

Available from 12pm - close

Fish and Chips	£10.50
Served with salad garnish	
Lasagne	£10.50
Severed with Garlic bread	
Mac and Cheese (V)	£8.95
Served with Garlic bread	
Beef Burger & chips	£9.95
Why not stack it up with cheese and bacon for +£1.50	
Vegan Chilli Taco Bowl (VG)	£10.95
Packed with rice and vegetable Chillies	
Casserole of the day	£10.95
Red Thai Chicken Curry (GF)	£10.95
Served with rice, chips or half-n-half	

Pizzas (VG cheese and GF bases available on request)	
• Margarita (V)	£9.50
• Veggie Supreme (V)	£9.95
Ham and Pineapple	£9.95
Pepperoni	£11.25
• Meat Feast	£12.00

BBQ Chicken

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#### **Children's Meal**

Sausage & Chips



Fish Fingers & Chips Chicken Nuggets & Chips Teddy Pizza (V) & Chips Lunch Box

Sandwich: Ham, cheese or jam with crisps and a snack

### Mac & Cheese (V) & Garlic Bread

All meals come with a carton of juice

#### Sides

Chips (VG + GF)	£3.00
Chips & Cheese (V + GF)	£4.50
Sweet Potato Fries (GF + V)	£3.50
Garlic Bread (V)	£3.00
Cheesy Garlic Bread (V)	£3.50
Onion Rings (VG)	£2.95



£12.00