



Canolfan Sgïo a
Gweithgareddau

Ski and
Activity Centre

Served from 10 – 5:30pm



Toasted

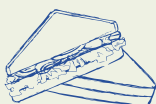


Toast, White or Brown, Jam & Butter (VG)	£1.50
Toasted Teacake, Jam & Butter (VG)	£2.00
Poppy Seed Bagel, Jam & Butter (VG)	£2.50
Poppy Seed Bagel, Jam & Cream Cheese	£3.00

Boxed Sandwiches

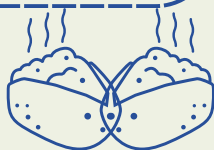
(Choice of White or Brown Bread)

Cheese & Red Onion Jam (V)	£3.00
Cheese & Ham	£4.00
Ham & Tomato Chutney	£4.00
Tuna Mayo	£5.00
Vegan BLT (VG)	£5.00
Plant based 'Bacon', Rocket, Tomato Chutney	



Jacket Potatoes

(Served with Coleslaw)



Plain or Just Butter (V, GF)	£4.00
Cheddar Cheese (V, GF)	£5.00
Beans & Cheese (V, GF)	£5.50
Tuna Mayo (GF)	£6.50
Beef Chilli & Cheese (GF)	£7.50

£4 Snacks



- Nachos, Cheese, Red Onion & Coriander (GF)
- Jumbo Salted Pretzel, Cheese Dip
- Hot Dog, Ketchup, Mustard & Crispy Onions

NY Deli Sandwiches

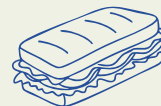
(Served with Crisps & Coleslaw)

The Not So Kosher One	£8.50
Poppy Seed Bagel, Smoked Salmon, Cream Cheese, Tomato Chutney, Red Onion & Capers	

The Melted Ruben	£13.00
Sourdough Bread, Peppered Pastrami, Gruyere Cheese, Pickles & Burger Sauce	

Panini's

(Served with Crisps)



Cheese & Red Onion Jam (V)	£6.00
Cheese & Ham	£6.50
Tuna Mayo & Cheese	£7.00

10" Pizza



Margarita (V)	£7.00
Pepperoni	£9.00
The Welsh Flag	£13.00
Carmarthen Ham, Rocket, Pantysgawn Goat Cheese, Chilli Honey	
The GF Green One (GF)	£13.00
Artichoke Hearts, Spinach, Fresh Mozzarella, on a White Sauce Base	

Hot Mains



Soup of The Day (V)
Crusty Roll

£7.00

Mexican Bowl (GF)

£13.00

Mexican Grains, Beef Chilli, Grated Cheese, Fresh Coriander

Vegan Mixed Bean Risotto (VG)
£12.00

Green Beans, Broad Beans, Broccoli & Peas in a Creamy Leek and Spinach Sauce

GF – Gluten Free,
V – Vegetarian
VG – Vegan

Food allergies and Intolerances, please tell a member of staff before ordering and ask for any information.

Cyngor Sir Gâr
Carmarthenshire
County Council

