

Menu

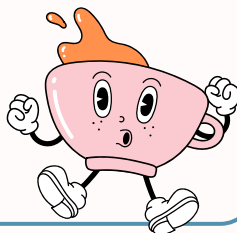
COFFEE

Americano	3.00
Babyccino	1.20
Cappuccino	3.40
Espresso	2.90
Flat White	3.30
Latte	3.40
Dirty Chai	4.40
Iced Latte	3.60
Syrup shots	1.00

caramel, hazelnut, vanilla

TEA

Cup of Tea	2.50
English Breakfast	
Decaf English Breakfast	
Earl Grey	
Camomile	
Hibiscus	
Peppermint	



SOFT DRINKS

Draught (16oz or pint)	3.50/4.70
Pepsi Max	
Lemonade(sugar free)	
Tango Orange (sugar free)	

Heartsease Sparkling (330ml)	3.50
Apple & Pear	
Apple & Rhubarb	
Elderflower Pressé	
Fiery Ginger Beer	

Flawsome juice carton	2.00
Apple	
Apple & Cherry	
Apple, Mango & Orange	

Karma cans (250 ml)	3.20
Karma cola	
Karma cola sugar free	
Lemony lemon	
Gingerella ginger ale	

Fever Tree Tonic	3.20
Indian tonic water	
Naturally light	
Refreshingly light Mediterranean	

Sparkling or still water (330ml)	1.75
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BOTTLES & CANS

Preseli Pils Lager, Bluestone Brewery (4.7%, 440ml)	6.00
Bedrock Blonde Ale, Bluestone Brewery (4%, 500ml) (gf)	6.00
Clwb Tropica Tropical IPA, Tiny Rebel (5%, 330ml)	5.50
Cali Pale Ale, Tiny Rebel (4.6 %, 330ml)	5.50
Guinness (4.1%, 440ml)	5.25
Guinness 0 (0%, 440ml)	4.50
Alcohol Free Tropical IPA, Drop Bear (0.5%, 330ml)	4.00
Alcohol Free Yuzu Pale Ale, Drop Bear (0.5%, 330ml)	4.00
Orchard Gold, Gwynt y Ddraig medium cider (4.9%, 500ml)	5.75

HOT DRINKS

Matcha Latte	3.55
Turmeric Latte	3.40
Hot Chocolate	3.40
Posh Hot Chocolate	3.90
With cream and marshmallows	
Vegan cream & marshmallows available	

Hot Apple	3.00
Traditional, cloudy apple juice, served hot with a dusting of cinnamon	

Spiked Hot Chocolate	6.50
Hot chocolate served with a splash of Barti spiced rum (25ml) or Merlyn cream liqueur (50ml), topped with cream and cocoa dusting	

Gingerbread Latte	4.50
double shot latte with gingerbread syrup, topped with cream and cinnamon dusting	

Pumpkin Spiced Latte	4.50
double shot latte with pumpkin spice syrup, topped with cream and cinnamon dusting	

Spiked Hot Apple	6.50
our cloudy, hot apple served with a splash of Calvados brandy or Barti spiced rum (25ml)	

Scandi Mulled Wine	4.00
Ginger, cinnamon, cardamom and cloves	

DRAUGHT BEER & CIDER

Beavertown Neck Oil (4.3%) Session IPA	3.25/6.00
Cruzcampo (4.4%) Spanish lager	2.90/5.50
Glamorgan Brewing Ffresh (4.5%) Juicy pale ale (gf)	2.90/5.50
Inch's (4.3%) Crispy, medium cider	2.60/4.90

GINS

Brecon, Botanicals Gin (43%)	3.50
Eccentric, Dewi Sant (40%)	3.75
Hensol Castle, Wild Strawberry & Hibiscus (40%)	3.75
Gordon's Alcohol Free	2.50
Whitley Neill Alcohol Free Rhubarb & Ginger	2.50

SPIRITS

Barti Spiced Rum (35%) 25ml	3.75
Brecon Five vodka (43%) 25ml	3.50
Penderyn Madeira whiskey (46%) 25ml	4.00
Merlyn Welsh Cream Liqueur (17%) 50ml	3.75
125ml dash of mixer	1.00

Coffees (excluding cappuccino) served as a double shot as standard. Decaf available. We use whole milk, from a few miles up the road. Gluten free oat milk available at no extra charge.

Menu

LIGHT BITES served until 5pm

No avo on toast (VE) 8.50
Homemade smashed pea guac on toast

Welsh rarebit 8.50
Homemade Welsh rarebit with Marmite sticky onions (GF available)

Soup (VE) 8.50
Homemade soup served with locally made sourdough and Welsh butter

Toast & butter 4.00
Toasted locally made sourdough & Welsh butter

Toasted teacake & butter 4.00
Locally made teacake & Welsh butter

We use a locally made sourdough for all our toast and grills. If you would prefer a softer, white bloomer just let us know. GF alternative available.

GRILLS served until 5pm

Grilled cheese & ham 9.00
Mature Welsh cheddar cheese and proper ham

Cheese & Pickle 9.00
Mature Welsh cheddar & local 'Windfall Chutney' (VE available)

Cheddar Free Melt (VE) 10.00
Our own homemade vegan melty cheese (contains nuts)

The Rhiwben 12.00
Pastrami, Teifi cheese, Russian dressing and Sauerkraut

Margherita Melt 9.00
Pizza sauce, mozzarella, basil

Tri Caws Melt 12.00
3 cheese melt with Welsh cheeses - Perl Las, Teifi and Welsh mature cheddar

Chocolate & Banana (VE) 9.00
Chocolate spread and sliced banana

Add a dipping pot of soup to your grilled sandwich for £3.

COMFORT FOOD served all day

Chicken goujons 6.00
with a choice of dips
- garlic mayo
- ketchup
- BBQ sauce

Popcorn chicken 3.00

Breaded scampi 6.50
with tartare sauce

Loaded wedges 12.50

Choose between:
- bacon, cheese & crispy onions
- 5 bean chilli & cheese (VE available)
- Oomph, sheese & crispy onions (VE)

Simply nachos 10.00
Tortilla chips, grilled cheese, homemade smashed pea (no avo) guacamole, homemade salsa and soured cream. (VE available)

Chilli bean nachos 13.00
Homemade 5 bean chilli, tortilla chips, grilled cheese, homemade smashed pea (no avo) guacamole, homemade salsa and soured cream. (VE available)

Fika 7.50
Have a coffee break, the Swedish way. A warm, cinnamon roll served with homemade blueberry compote and whipped cream (VE available)

SNACK BOWLS served all day

Salted or sweet popcorn 2.00

Crisps (40g of Pipers Anglesey sea salt crisps) 1.00

Sweets (120g of vegan, jelly sweets) 2.50

Choose from building blocks, fizzy mix or wine gums

SMORGASBORDS served all day

Mix and match to create a larger meal, or pair with our meze.

Cured deli meats & bread 6.00

Welsh cheeses, crackers & local chutney 6.00

Bread & oils 4.00

Local breads served with balsamic vinegar & olive oil

Please let our staff know of any allergies or dietary requirements.