

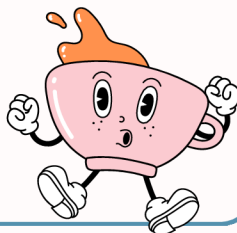
Menu

COFFEE

Americano	3.00
Babyccino	1.20
Cappuccino	3.40
Espresso	2.90
Flat White	3.30
Latte	3.40
Mocha	3.90
Dirty Chai	4.40
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, Mango & Orange	
Apple & Blackcurrant	

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

Chai Latte	3.40
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	
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	

ICED DRINKS

Iced Latte	4.40
double shot latte with sugar syrup	
Iced Matcha Latte	3.55
Iced Turmeric Latte	3.40
Iced Tea Cooler	3.40
Passion Fruit & Lemon	
Watermelon Green Tea	
Peach	
Pink Lemonade	3.60

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

WINES

Most Wanted (187ml can)	5.40
Malbec, Sauvignon Blanc, Sauvignon	
Blanc Rosé or Pinot Grigio Fizz	

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

BREAKFAST served until 12pm

Breakfast rolls

All served in a locally made brioche bun

Sausage & Bacon 5.75

A sausage patty with a thick slice of bacon

Double Sausage & Bacon 7.50

2 sausage patties with 2 thick slices of bacon

Veggie sausage & hash brown 4.00

2 quorn sausage patties with a hash brown

Add any extras for £1.50

Beans & Cheese on Toast 7.50

Sourdough toast, baked beans and Welsh grated cheese (VE available)

Toast & butter 4.00

Sourdough & Welsh butter

Fresh croissant 2.50

Fresh pain au chocalat 2.75

Add strawberry or apricot jam £1.00

LIGHT BITES served 12-5pm

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

Toasted teacake & butter 4.00

Locally made teacake & Welsh butter

COMFORT FOOD served all day

Popcorn chicken 3.00

Breaded scampi 6.50

with tartare sauce

GRILLS served 12-5pm

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.

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.

Chicken goujons 6.00

Vegan nuggets 6.00

with a choice of dips
- garlic mayo
- ketchup
- BBQ sauce

EVENING MENU from 6pm

Chips & Dips 5.00

with homemade salsa & pea guac

Esquites 3.00

street corn salad (VE)

Tacos 9.00

2 flour tortillas, served with crisp lettuce and pink onions. Mix & match:

- Adobo Chicken
- Beef Barbacoa
- Pork Pibil
- Mushroom & Feta (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)

Burrito Bowl 13.00

Smashed pea (no avo) guac, fresh salsa, pink onions, esquites, salad and rice. Topped with your choice of: Adobo Chicken, Beef Barbacoa, Pork Pibil or Mushroom & Feta (VE)

BAR SNACKS served all day

Meze - Pick and choose for £1.75 each, or have the whole platter for £8.75

Basil & garlic olives (ve), Antipasti mix (ve), Cheddar & peppers, Harissa dip (ve), Rosemary crostini (ve), Spicy habas & corn (ve)

Mix and match our boards 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

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

Loaded wedges 12.50

Choose between:

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

Fika 7.50

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

VE = Vegan, GF = Gluten Free

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