

Regular breakfast

Grilled thick cut bacon, pork & leek sausage, free range fried egg, grilled tomato,

Baked beans.....£7.30

Síabod's breakfast

Grilled thick cut bacon, pork & leek sausage, free range fried egg, grilled tomato, mushrooms, black pudding, baked beans, hash browns, one slice of toast and a mug of filter coffee <u>or</u> a pot of tea for one..... \pm 11.50

French toast

French toast (two pieces of bread wrapped and fried in egg) with grilled thick cut bacon and Lyle's golden syrup maple flavour.....£7.50

Vegetarían breakfast

Glamorgan sausage, hash browns, free range fried egg, grilled tomato, mushrooms, baked beans, one slice of toast.....£9.70

Vegan breakfast

Vegan sausage, hash browns, vegan black pudding, grilled tomato, mushrooms, baked beans, one slice of toast.....£9.70

Other Options

Smoked salmon and free range scrambled eggs......£9.90 Free range scrambled eggs with melted red welsh mature cheddar cheese on toast....£6.90 Two slices of toast with welsh butter (jam or marmalade or marmite extra).£1.80(£2.40) Raisin & Almond Granola with natural yogurt and homemade summer berry compote......£6.80

Extras: small items £1.00 large items £1.50 - SUBJECT TO HOW BUSY WE ARE

If you have any <u>Allergies</u>, please inform us before you place your order.

PLEASE NOTE WE ARE USING VEGETABLE OIL THAT CONTAINS GM SOYABEAN OIL

Lunch

Homemade soup of the day with bread & welsh butter......£6.20 (Please see the board for today's option)



Smoked salmon with cream cheese£10.35
Home cooked ham and red welsh mature cheddar cheese£8.80
Red welsh mature cheddar/vegan cheese and caramelised red onion chutney ± 6.80
BBQ Pulled Pork (served cold)£8.00
Coronation Chicken£8.00
Grilled thick cut bacon, brie and cranberry£10.35
Vegan beetroot hummus£8.00

All sandwiches and wraps are served with Salad Garnish and crisps.



Choice of either red welsh mature cheddar <u>or</u> mild welsh cheddar with home cooked ham, Salad, apple, caramelised red onion chutney, thick cut bread and Welsh butter.....£10.90

Regular breakfast

(vegetarían optíon avaílable)

Grilled thick cut bacon, pork &leek sausage, free range fried egg, grilled tomato, baked beans.....£7.30



White cheddar cheese/vegan cheese and fresh red onion£8.60
Brie and cranberry£8.60
Grilled thick cut bacon and welsh cheddar cheese£8.95
Home cooked ham, red welsh mature cheddar cheese and red onion£10.35
Bacon, brie and cranberry£10.90

All Panini are served with salad garnish and crisps.



Choose any of the following fillings: baked beans, home cooked ham, welsh cheddar cheese, tuna mayonnaise, served with salad garnish.....£7.90





Chicken pop-pops, chips and peas <u>or</u> baked beans£5.80
Fish fingers, chips and peas <u>or</u> baked beans£5.80
Burger and chips£6.50
Sausage (vegan or vegetarian option available), chips and peas <u>or</u> baked beans ± 5.80

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