





Seasonal

Soup of the Day Served with bread £5.95

Soup & Sandwich

Soup of the Day, with a choice of sandwich from the menu £7.50

Cheese and Leek Spanish Tortilla

Served with a salad garnish £7.25

#### Salad Bowl

Choice of either: Welsh Cheddar Ham Hummus Coronation Chickpea

£7.25

Please order at the counter

Jackets

Oven baked potatoes, all served with a salad garnish

Welsh Cheddar

BBQ Mexican Mixed Beans

Welsh Rarebit

**Coronation Chickpea** 

Hummus

£7.50 Add an extra filling + £1.00

Alternatives?

Vegan and gluten free options are available - just ask when ordering



See the board or ask about our seasonal or daily goodies!

Homemade Cakes

Check out our delicious homemade cake Selection up at the counter



We also hire out our spaces! Ask a member of the team for details Follow us on Social Media



Keep up with the latest deals and news!







Sandwiches

All served with garnish and Welsh Crisps £6.75

Welsh Cheddar & Dyfi Chutney

Ham and Wholegrain Honey Leek Mustard

Bacon, Lettuce & Tomato

Welsh Cheddar and Spring Onion

**Coronation Chickpea** 

Hummus and Spiced Carrot

Extra Filling- £1 each



All served with garnish and Welsh Crisps £7.50

Welsh Cheddar & Ham

Bacon, Perl Wen and Cranberry

Perl Las, Ham and Mushroom

Welsh Cheddar, Pesto and Tomato

BBQ Mixed beans and Welsh Cheddar

Extra Filling- £1

Ontoast

#### Welsh Rarebit

Classic rich melted cheesy and mustard sauce, served with salad garnish £7.50

Garlic Mushrooms With homemade garlic butter on toast

£6.95

#### Mixed Beans in BBQ Mexican Sauce

Mixed beans in a Mexican style sauce on granary toast £4.75

#### **Roasted Vine Tomatoes**

with Pesto Roasted tomatoes on the vine with pesto on granary toast served with a salad garnish £6.95

...add an extra to your meal:

Garlic Mushrooms + £3.00

> Bacon + £1.75

Perl Las + £1.75

Welsh Cheddar + £1.00

Please order at the counter-

### Alternatives

Vegan and gluten free options are available - just ask when ordering



#### Sandwiches:

Welsh Cheddar

Local Ham

Hummus Served with either crisps Or Veg batons £3.50

#### Jacket Potato

Baked Beans

Welsh Cheddar

Hummus

£4.50

#### On Toast

One slice, granary toast Baked Beans £3.00

# Specials

See the board or ask about our seasonal or daily goodies!







# Coffee

#### Espresso

One shot of Teifi Coffee £1.70 / £1.95 double

#### Macchiato

One shot of Teifi Espresso topped with a cap of foam £1.95 / £2.20 double

#### Cortado

Single shot of Teifi Espresso topped with a shot of silky milk £2.10

#### Americano

Black coffee with one shot of Teifi Espresso, served black or with either hot or cold milk £2.20 / £2.40 large

#### Cappuccino

One shot of Teifi Espresso topped with frothy milk £2.40 / £2.80 large

#### Latte

One shot of Teifi Espresso topped with silky milk £2.80

#### Flat White

Two shots of Teifi Espresso topped with a small amount of silky milk £2.60

#### Mocha

One shot of Teifi Espresso topped with hot chocolate £2.95

#### White Chocolate Mocha

One shot of Teifi Espresso topped with white hot chocolate £2.95

### Tea

Breakfast Tea

Regular comforting Welsh tea £1.50 mug / £2.00 pot

Earl Grey

Morgan's Brew loose tea blend £1.75 mug / £2.20 pot

#### Spiced Chai

Morgan's Brew Dragon's Breath loose tea blend £1.75 mug / £2.20 pot

#### Green Tea

Morgan's Brew Green Grass loose tea blend £1.75 mug / £2.20 pot

#### Mint Tea

Morgan's Brew Pembrokeshire Mint loose tea blend £1.75 mug / £2.20 pot

#### Chamomile Tea

Morgan's Brew Counting Sheep loose tea blend £1.75 mug / £2.20 pot

#### Rooibos

Morgan's Brew Rooibos loose tea blend £1.75 mug / £2.20 pot

> Morgan's Brew loose tea blend £1.75 mug / £2.20 pot

#### Lemongrass & Ginger

Morgan's Brew loose tea blend £1.75 mug / £2.20 pot

## Other

Teifi Hot Chocolate

Rich, steamed Teifi hot chocolate £2.80

#### White Hot Chocolate

Rich Teifi white chocolate made with steamed milk £2.95

#### Ice Cream Milkshake

Choose your ice cream from the freezer and we'll shake it for you £3.95

#### Babycino

Warm frothy milk £1.20

#### Syrup Shot

Why not add a flavoured shot to your drink? See our selection at the counter £1



Dairy-free & decaf options are available just ask when ordering

# Cakes

See our selection of fresh homemade cakes at the counter!

- Please order at the counter -