



Mamgu

Welshcakes

St Davids Cathedral, Pembrokeshire
The Land of Dragons



Welsh Soul Food

UK restaurants create 199,100 tonnes of food waste each year. As part of our effort to reduce this you will be offered the option of toast with your breakfast and a delicious garnish with your lunches. Please let us know if you would like them or not!

Served Mon to Sat until 11:30am & Sundays all day:

MamGu Breakfast GF/DF available 11.00
2 Sausages, 2 bacon, fried egg, mushroom, beans, tomato and a Cheese & Leek Welsh Cake.

Add 1 hash brown +1.00

MamGu Veggie Breakfast GF/DF/VG available 11.00
Veggie sausages, halloumi, fried egg, mushroom, beans, tomato and a Cheese & Leek Welsh Cake.

Mini Mamgu / Mini Veggie Breakfast GF/DF/VG available 9.00
1 Sausage, 1 bacon, fried egg, mushroom, beans, tomato and a Cheese & Leek Welsh Cake.

Breakfast Rolls (topped with a Cheese & Leek Welshcake) GF/DF/VG available
Choose from: bacon, sausage, veggie sausage, halloumi, egg, mushroom, hash brown, cheddar cheese.
2 fillings 6.50
Additional fillings +1.00

Served Mon to Sun until 3pm:

Regular Stack (3) of Homemade Crempogs (Welsh Pancakes) V/VG available 7.50

Mini Stack (2) of Homemade Crempogs (Welsh Pancakes) V/VG available 5.50

Lemon & Sugar

Butter and Maple Syrup

Bacon and Maple Syrup

Triple Chocolate

Sandwiches / Toasties GF/DF/VG available 7.50

Please see our specials board

Homemade Soup of the Day with 2 Cheese & Leek Welsh Cakes

Please see our specials board for soup of the day 6.00

Add a sandwich or toastie of your choice 12.00

MamGu Welsh Rarebit (V) GF/DF/VG available 10.50

This welsh delicacy is a must try! If you would like a fresh delicious garnish or a dollop of chutney on the side, please ask!

Additional toppings (2 Bacon/2 Sausage/Egg/Mushrooms) + 2.00

Loaded Savoury Welshcakes

Cheese & Leek Welsh Cakes w/Beans & Cheese Mini (2 Welsh Cakes) 4.50 or Regular (4 Welsh Cakes) 6.50
Hot Cheese & Leek Welsh Cakes smothered in beans and sprinkled with cheddar cheese.

El Mexicana Welsh Cakes w/Bean Chilli & Sour Cream Mini (2 Welsh Cakes) 4.50 or Regular (4 Welsh Cakes) 6.50
Hot cheese & jalapeño El Mexicana Welsh Cakes topped with delicious bean chilli & sour cream or cheese.

Cheese & Leek Welshcakes with Chutney 5.50
Four of our famous Cheese & Leek Welsh Cakes served with locally made chutney.

GF Gluten Free
DF Dairy Free
V Vegetarian
VG Vegan

For a list of allergens please ask a member of staff.
Please note that all our food is cooked fresh and not hot held. Whilst we make every effort to make and prepare your food as fast as possible please be patient as there may be a wait when we are busy. *Diolch yn fawr iawn!*

mamguwelshcakes.com

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Drinks / Diodydd

The brilliant people who bring re-usable cups get a free welsh cake!
Please order at the counter when you are ready.

Coffee / Coffi

Capital Roasters Coffee freshly roasted beans from Pembroke. Fairtrade certified, sourced from fairtrade producers and Rainforest Alliance certified.

Americano	3.00	Cortardo	3.00
Cafe Latte	3.50	Macchiato	2.80
Cappuccino	3.50	Mocha	3.80
Flat White	3.20	Chai Latte	3.20
Double Espresso	2.50	Dirty Chai	4.00
Syrup shot	0.50		
Vegan alternative to milk	0.50	Extra coffee shot	1.00

Tea / Te

Pot for one	2.50
Pot for two	3.00
Fresh Mint Tea	2.50
<i>Please see our specials board for Chantler Teas</i>	
<i>Speciality loose leaf tea.</i>	2.80

Hot Chocolate / Siocled Poeth

<i>Made with real chocolate drops and Fishguard's Morfa Milk</i>	
Milk / Dark	3.50
Pimp your Hot Choc	1.00
Includes Whipped Cream	
Marshmallows	

Something for the little ones

Hot Chocolate	2.50
Babyccino	1.40
Glass of Morfa Milk	1.20

Cold Drinks / Diodydd Oer

Ginger Beer	2.60
Traditional Lemonade	2.60
Raspberry Lemonade	2.60
Sparkling Elderflower	2.60
Orange Juice	2.70
Apple Juice	2.70
Still/Sparkling Water	1.50

Treat ya four legged furry friends

Puppaccino	1.00
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MamGu Welshcakes Cream Tea for One

A traditional cream tea with a welsh twist!

5.50

Two Traditional Welsh Cakes
Locally made Jam & Clotted Cream
Any drink of choice



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Please note that all hot drinks come, you guessed it, *hot!*
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