



TOAST, BUTTER + PRESERVE £4

WITH JAM OR MARMALADE. (+ HAZELNUT CHOC SPREAD £1 / + HONEY BUTTER £1)

WINTER GRANOLA BOWL £6 V

SPICED APPLE & PEAR COMPOTE, HOMEMADE YOGHURT (USING OUR SURPLUS MILK), CRWST GRANOLA, MAPLE SYRUP

EGGS ON TOAST £6 V (+50p SCRAMBLED EGGS)

FREE RANGE EGGS, YOUR WAY, ON BUTTERED TOAST.

- + CHORIZO £3 | DRY CURED BACON £3 | HAY CHARCUTERIE N'DUJA £3 | SMOKED SALMON £4 | + AVO £3 + FETA £2 | + BLACK PUDDING £2 | + HALF ROASTED TOMATO £1 | BUTTON MUSHROOMS £2 | CRWST BEANS £1 | SAUSAGE £2

BACON ROLL £6

2 SLICES OF DEWI JAMES DRY CURED BACON, TOASTED + BUTTERED CRWST ORGANIC ROLL.

+ FRIED EGG £1 | DEWI JAMES SAUSAGE £2 | MYRDDIN HERITAGE BLACK PUDD £2 | AVO £3 | EXTRA BACON £3

AVOCADO TOAST £7 (1) | £12 (2) VG

SMASHED AVOCADO ON TOAST, HOMEMADE FERMENTED CHILLI SAUCE, LIME, 'GREEN UP FARM' HERBS + EGG £1 | FETA £2 | CAWS TEIFI HALLOUMI £3 | CHORIZO £3 | DRY CURED BACON £3 | HAY CHARCUTERIE N'DUJA £3

TURKISH EGGS £13 V

GARLIC YOGHURT, FERMENTED CHILLI BUTTER, POACHED EGGS, 'GREEN UP FARM' HERBS, TOAST + FETA £2 | MYRDDIN HERITAGE CHORIZO OR HAY CHARCUTERIE N'DUJA £3

CRWST BEANS ON TOAST £10 VG

HOMEMADE SLOW COOKED BEANS, SRIRACHA, TOAST. + FETA £2 | HAY CHARCUTERIE N'DUJA £3 | MYRDDIN HERITAGE CHORIZO £3 | FRIED EGG £1

FULL WELSH BREKKIE £12.50

DRY CURED BACON, PORK SAUSAGE, MUSHROOMS, ROASTED TOMATO, FRIED EGG, CRWST BEANS, TOAST. + COCKLES & LAVERBREAD GRATIN £5 | + MYRDDIN HERITAGE BLACK PUDD £2

VEGAN BREKKIE £11 VG

CHESTNUT & MUSHROOM PATTY, CHARRED TOMATO, CRWST BEANS, ROASTED MUSHROOMS, TOAST + CAWS TEIFI HALLOUMI £3 | + EGG £1

HARISSA HALLOUMI BURGER £10 V

PAN FRIED CAWS TEIFI HALLOUMI, HOMEMADE HARISSA, HASHBROWNS, AVOCADO, GLEBELANDS SALAD, CRWST ORGANIC BUN + EGG £1 | + DRY CURED BACON £3

CUBANO BENEDICT £14.50

CUBAN STYLE PULLED PORK, SLICED HAM, TOASTED DOUGHNUT, SWISS CHEESE, MUSTARD, POACHED EGGS, HOLLANDAISE, GHERKINS

EGGS ROYALE £13.50

'SALT & SMOKE' SMOKED SALMON, POACHED EGGS, TOASTED DOUGHNUT, HOLLANDAISE, CAPER DILL OIL, 'GREEN UP FARM' HERBS + AVO £3

PANCAKES £9 V

MALTED PECAN MAPLE SYRUP, BANANA, BROWN BUTTER + ADD SMOKED BACON +£3

BRIOCHE FRENCH TOAST £11 V

SPICED BLACKBERRY COMPOTE, WHIPPED YOGHURT, GRANOLA, CARDIGAN BAY HONEY



HASH BROWNS £5 VG/GF

SKINNY FRIES £4 VG

TRUFFLE & CAWS TEIFI FRIES £7 V

COCKLE, LAVERBREAD, SMOKED BACON GRATIN £5



PLEASE NOTE THAT THE KITCHEN USES NUTS, PEANUTS, SOY, GLUTEN, DAIRY AND SESAME SEEDS DAILY.

