

## **BREAKFAST SERVED 'TIL 11**

<b>FULL WELSH</b>	<b>8.5</b>
thick-cut bacon, pork & leek sausage, black pudding, hash browns, chestnut mushrooms, thyme roasted tomato, baked beans, poached or fried free-range egg (we can only swap 1 item per breakfast)	
<b>VEGGIE BREAKFAST</b>	<b>8.5</b>
Glamorgan sausages, hash browns, chestnut mushrooms, thyme roasted tomato, baked beans, poached or fried free-range egg	
<b>VEGAN BREAKFAST</b>	<b>8.5</b>
Smoked tofu, avocado smash, hash browns, chestnut mushrooms, thyme roasted tomato, baked beans	
<b>WAFFLE &amp; BACON</b>	<b>8</b>
sweet waffle, thick-cut bacon, maple syrup	
<b>EGGS ROYALE</b>	<b>11</b>
smoked salmon, waffle, soft poached eggs, hollandaise sauce	
<b>BACON SANDWICH</b>	<b>4.5</b>
<b>EGGS ON SOURDOUGH</b>	<b>4.5</b>
Two soft-poached, free-range eggs on Sourdough toast	
<b>BBQ BEANS ON SOURDOUGH TOAST</b>	<b>5</b>
Feta, Chives	
<b>BANANA BREAD</b>	<b>8</b>
grilled banana bread, Greek yoghurt, blueberry compote, pistachios	
<b>ALMOND CROISSANT</b>	<b>2.7</b>
<b>TWO SLICES OF SOURDOUGH TOAST WITH.....</b>	
Welsh butter	2
Strawberry jam	2.5
Welsh Lady Orange marmalade	2.5
<b>FRESH ORANGE JUICE WITH BITS</b>	<b>2.8</b>

<b>EXTRAS</b>	
Bacon	1
Fried or poached egg	1
Pork & leek sausage	1.5
Black pudding	1
Mushrooms	1
Thyme roasted tomato	1
Hash browns	2
Glamorgan sausage	1.5
Avocado smash	2.0

<b>HOT DRINKS</b>	
<u>Heartland Coffee</u>	
Americano	2.9
Espresso	2.6
Cortado	3
Café Latte	3.2
Cappuccino	3.2
Flat White	3
Mocha	3.5
Hot Chocolate	3.2
Breakfast Tea (Glengettie)	2.5
Earl Grey	2.8
Peppermint	2.8
Lemon & Ginger	2.8
Green Tea	2.8
Super Fruits	2.8
Oat and Soya Milk Available	.4

BORING BUT IMPORTANT: we produce our food in a kitchen where allergens are present and handled, and, while we take steps to keep things separate, we cannot guarantee any item is allergen free.

## **BRUNCH SERVED 11 'TILL 2.30**

All our food is made fresh to order.  
There may be a wait during busy times.

<b>BEEF BRISKET BENEDICT</b>	<b>13</b>
slow-cooked beef brisket, soft poached eggs, 'Nduja' hollandaise sauce, toasted muffin, buttermilk onions rings	
<b>EGGS ROYALE</b>	<b>12</b>
Smoked salmon, homemade waffle, soft poached eggs, hollandaise sauce	
<b>CHICKEN &amp; WAFFLE</b>	<b>13</b>
Popcorn chicken, cinnamon waffle, Anglesey sea salt popcorn, maple butter	
<b>SHACKSHUKA</b>	<b>11</b>
lentils, aubergine, smoky tomato sauce, feta, sourdough toast	
	(add 'Nduja' 1.5)
<b>CHORIPAN</b>	<b>10</b>
bbq'd chorizo sausage, chimichurri, pink pickled onions, crusty roll	
<b>KATSU BURGER</b>	<b>13</b>
chilli & lime crispy tofu, katsu curry sauce, slaw, sourdough bap, chips	
<b>BURRITTO BOWL</b>	<b>11</b>
Mexican bean salad, avocado, basmati and wild rice, baby spinach, salsa, lime pickled onions, tortilla chips, chipotle dressing	
	(add chicken 3)
<b>LOADED DUCK FRIES</b>	<b>13</b>
Hoi sin sauce, pickled cucumber, toasted sesame seeds	
<b>CROQUE MADAME</b>	<b>10</b>
toasted ham and cheese sandwich topped with Welsh rarebit and a fried egg	
<b>CHICKEN IN A BASKET</b>	<b>12</b>
buttermilk chicken, chips, sweet and smoky bbq sauce, flat bread	
<b>HAM &amp; EGGS</b>	<b>11</b>
traditional roast ham, fried free-range eggs, chips	
<b>BANANA BREAD</b>	<b>9</b>
grilled banana bread, Greek yoghurt, blueberry compote, pistachios	

### **SIDES and EXTRAS**

Chips	3.5
Sweet potato fries	3.5
Parmesan, truffle, hash browns	4.5
Poached egg	1
Smashed Avocado	3
Halloumi Fries & Chilli Jam	4.5

### **COCTĒLS / COCKTAILS** (2 for 14)

Espresso Martini	8.0
Passionfruit Martini	8.0
Bucks Fizz	8.0
Margarita	8.0

### **KIDS MENU**

Chicken popcorn, chips	6
Pork Sausage, chips	6
Cheese & leek sausage, chips	6
Ham, egg, chips	6
Beans on sourdough toast (add cheese 1)	5

**Please take a look at the black board for todays specials**

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