

## GRANOLA POT

Apple puree granola pot with Greek Yogurt and cinnamon (V) ..... **3.50**

## BACON ROLL

Two rashers of thick cut bacon served in a brioche roll ..... **4.50**  
*Gluten free options available*

## SOUP

Soup of the day with sourdough tiger bread (V) (VE) ..... **4.50**  
*Gluten free bread available on request*

## TOASTED SANDWICHES

*All toasted sandwiches available in toasted sour dough tiger bread.  
 Gluten free options available.*

Ham and mature cheddar ..... **4.50**  
 Mature cheddar and Welsh tomato chutney (V) ..... **4.50**  
 Vegan cheese and Welsh tomato chutney (V) (VE) ..... **4.50**  
 Tuna mayo melt with spring onion ..... **5.50**  
 Thick cut bacon with baby gem lettuce and fresh tomato ..... **5.50**

## WELSH CELTIC CO. PASTIES

*Large pasties produced in the heart of Carmarthenshire.*

Cheese and leek (V) ..... **5.50**  
 Traditional corned beef ..... **5.50**

## TOAST

Toasted bloomer with Welsh butter (V) ..... **2.50**  
*Gluten free options available on request*  
 Add Tip Tree jam or marmalade preserve ..... **0.75**  
 Toasted tea cake with Welsh butter (V) ..... **2.80**  
 Add Tiptree jam or marmalade preserve ..... **0.75**

## CHILDREN'S SANDWICHES

*Gluten free options available on request.*

Honey roasted ham sandwich ..... **3.00**  
 Welsh cheddar cheese sandwich ..... **3.00**  
 Welsh cheddar and honey roasted ham sandwich ..... **3.50**

## SNACKS

Kellogg's cereal bar ..... **1.50**  
 Jaffa cake snack pack ..... **2.00**  
 Welsh cakes ..... **2.00**  
 Crisps ..... FROM **1.50**

## CAKES

All cakes sourced from local Welsh bakeries.  
*Gluten free and vegan options available.*

Round cake ..... FROM **3.75**  
 Loaf cake ..... FROM **3.50**  
 Tray bakes ..... FROM **3.75**

## HOT DRINKS

All our coffees are made using the award-winning Gold Blend Coffee Beans from the Welsh Coffee Company in the Vale of Glamorgan.

Americano ..... **3.10**  
 Latte ..... **3.30**  
 Cappuccino ..... **3.30**  
 Flat White ..... **3.30**  
 Mocha ..... **3.50**  
 Espresso ..... **2.75**  
 Double espresso ..... **3.10**  
 Hot chocolate ..... **3.00**  
 Add cream ..... **0.30**  
 Add marshmallows ..... **0.30**  
 Add your own flavour ..... **0.75**  
 Welsh tea ..... **2.20**  
 Welsh brew specialist teas ..... **2.50**  
 Peppermint, Chamomile, Green,  
 Earl Grey, Wild Berry, Lemon and Ginger

## COLD DRINKS

Coke 330ml ..... **2.20**  
 Diet Coke 330ml ..... **2.00**  
 Coke Zero 330ml ..... **2.00**  
 Fanta Zero 330ml ..... **2.00**  
 7 Up Zero 330ml ..... **2.00**  
 Orange juice carton ..... **1.25**  
 Apple juice carton ..... **1.25**

(V) = VEGETARIAN; (VE) = VEGAN

**PLEASE LET STAFF KNOW IF YOU HAVE ANY FOOD ALLERGIES, INTOLERANCES OR SPECIFIC DIETARY REQUIREMENTS**

Our fresh food is sourced locally to help support and grow the Welsh economy. Our suppliers include:

The Welsh Coffee Company | Clams Cakes | Bryngarw Honey by Bridgend Beekeepers  
 Castell Howell | Sidolis Ice Cream | Celtic Pride Bakery | Tiptree



**POT GRANOLA**Pot granola stwnsh afalau gydag iogwrt Groegaidd a sinamon (LI) ..... **3.50****RÔL BACWN**Dau ddarn o facwn trwchus, rôl brioche gyda menynd ..... **4.50**  
*Dewisiadau heb glwten ar gael ar gais***CAWL**Cawl y dydd gyda bara teigr surdoes (LI) (F) ..... **4.50**  
*Bara heb glwten ar gael ar gais***BRECHDANAU WEDI'U TOSTIO***Mae'r holl frechdanau wedi'u tostio ar gael ar fara teigr surdoes.  
Dewisiadau heb glwten ar gael.*Ham a chaws cheddar aeddfed ..... **4.00**  
Caws cheddar aeddfed a siytini tomato Cymreig (LI) ..... **3.80**  
Caws figan a siytini tomato Cymreig (LI) (F) ..... **4.50**  
Tiwna mayo tawdd gyda shibwns ..... **5.50**  
Cig moch wedi'i dorri'n drwchus gyda letys a thomato ffres ..... **5.50****PASTEIOD CWMNI WELSH CELTIC***Pasteiod mawr a gynhyrchwyd yng nghanol Sir Gaerfyrddin.*Caws a chennin (LI) ..... **5.50**  
Corn-bïff traddodiadol ..... **5.50****TOST**Bara blwmer wedi'i thostio gyda menynd Cymreig (LI) ..... **2.50**  
*Dewisiadau heb glwten ar gael ar gais*  
Ychwanegwch farmalêd neu jam Tip Tree ..... **0.75**  
Cacen de wedi'i thostio gyda menynd Cymreig (LI) ..... **2.80**  
Ychwanegwch farmalêd neu jam Tiptree ..... **0.75****BRECHDANAU PLANT***Dewisiadau heb glwten ar gael ar gais.*Brechdan ham wedi'i rostio mewn mêl ..... **3.00**  
Brechdan caws cheddar Cymreig ..... **3.00**  
Brechdan ham wedi'i rostio mewn mêl a chaws cheddar Cymreig ..... **3.50****BYRBRYDAU**Bar grawnfwyd Kellogg's ..... **1.50**  
Pecyn byrbrydau cacennau Jaffa ..... **2.00**  
Pice ar y maen ..... **2.00**  
Creision ..... **o 1.50****TEISENNI***Daw pob cacen o fecws Cymreig lleol.  
Dewisiadau heb glwten a figan ar gael.*Teisen gron ..... **o 3.75**  
Teisen dorth ..... **o 3.50**  
Cacennau hambwrdd ..... **o 3.75****DIODYDD POETH***Gwneir ein coffi i gyd o ffa coffi  
Gold Blend arobryn y Welsh Coffee  
Company ym Mro Morgannwg.*Americano ..... **3.10**  
Latte ..... **3.30**  
Cappuccino ..... **3.30**  
Coffi gwyn cryf ..... **3.30**  
Mocha ..... **3.50**  
Espresso ..... **2.75**  
Espresso dwbl ..... **3.10**  
Siocled poeth ..... **3.00**  
Ychwanegu hufen ..... **0.30**  
Ychwanegu malws melys ..... **0.30**  
Ychwanegwch blas eich hun ..... **0.75**  
Tê Cymreig ..... **2.20**  
Te arbenigol Paned Gymreig ..... **2.50**  
Mintys poethion, Camil, Gwyrdd,  
Earl Grey, Aeron Gwylt, Lemon a Sinsir**DIODYDD OER**Coke 330ml ..... **2.20**  
Diet Coke 330ml ..... **2.00**  
Coke Zero 330ml ..... **2.00**  
Fanta Zero 330ml ..... **2.00**  
7 Up Zero 330ml ..... **2.00**  
Carton sudd oren ..... **1.25**  
Carton sudd afal ..... **1.25**

(LI) = LLYSIEUOL; (F) = FEGAN

**RHOWCH WYBOD I NI OS OES GENNYCH CHI UNRHYW ALERGEDDAU BWYD NEU ANGHENION BWYD ARBENNIG**

Mae ein bwyd ffres yn gynnrych lleol er mwyn cefnogi a thyfu economi Cymru. Mae ein cyflenwyr yn cynnwys:

The Welsh Coffee Company | Clams Cakes | Mêl Bryngarw gan Geidwaid Gwenyn Pen-y-bont ar Ogwr

Castell Howell | Sidolis Ice Cream | Celtic Pride Bakery | Tiptree

