



Lunch

SERVED 12PM - 4PM | ORDER AT COUNTER

We prepare each dish in house using fresh and locally sourced ingredients.

Please advise our staff of any allergies when placing your order.

HALLOUMI PRETZEL BUN

Grilled halloumi and roasted peppers served on a soft pretzel bun with homemade beetroot hummus and a garnished garden salad.*

£8.50

BACON, BRIE & CRANBERRY

Cashells back bacon, melted brie and cranberry sauce served on locally sourced toasted bread. Served with a garnished garden salad.

£8.20

SALMON & SCRAMBLED EGGS

Award winning **Black Mountains Smokery** salmon served with free-range scrambled eggs on two slices of locally sourced toasted bread.

£10.00

SOUP OF THE DAY

A seasonal soup freshly prepared in house each day. Served with locally sourced bread and salted Welsh butter.

Ask at the counter for today's soup.

£6.95

WELSH RAREBIT

Our signature Welsh Rarebit incorporates **Welsh Dragon** cheddar and pale ale and is served on locally sourced bread. (Contains gluten)

£8.60

FALAFEL MEZZE

Warm Moroccan falafel served in a soft flat bread, with homemade beetroot hummus, sweet chilli jam, mint raita and a garnished garden salad.

£8.50

SPICED FRUIT LOAF

Two slices of toasted **Alex Gooch** fruit loaf served with salted Welsh butter.

Add **Tiptree** jam or marmalade (70p).

£3.70

GARLIC MUSHROOMS

Garlic sauteed mushrooms served on two slices of locally sourced toasted bread. Served with a garnished garden salad.

£9.00

SEE OVERLEAF FOR OUR RANGE OF FRESHLY PREPARED SANDWICHES

Extras

Cashells Streaky Bacon (3 Rashers)	£3.50	Poached Eggs (2)	£2.00
Cashells Back Bacon (2 Rashers)	£3.50	Fried Eggs (2)	£2.00
Black Mountain Smokery Smoked Salmon	£4.00	Scrambled Eggs	£2.50
Smashed Avocado	£2.00	Grilled Tomatoes	£1.50

*Halloumi can be substituted with avocado for a vegan option

Gluten free options available on all menu items (excluding Welsh rarebit). Please advise our staff of any allergies when placing your order.

Our food is prepared in a kitchen where nuts, gluten and other known allergens may be present.

 = VEGETARIAN

 = VEGAN

 = GLUTEN FREE

Sandwiches

All sandwiches are prepared on fresh locally sourced bread and served with a garnished seasonal salad. Gluten free bread available on request. Crisps can be added to any order (80p). All sandwiches can be served toasted (70p)

WILTSHIRE HAM & SALAD	£6.50
CASHELLS ROAST CHICKEN & SALAD	£6.50
WELSH DRAGON CHEDDAR & CHUTNEY 	£6.50
FRESH TOMATO, MOZZARELLA & PESTO 	£6.50
BRIE & CRANBERRY 	£6.50
BLACK MOUNTAINS SMOKERY SMOKED SALMON & CREAM CHEESE	£7.75

SEE SPECIALS BOARD FOR OUR LIST OF GOURMET SANDWICHES

Coffee

We source our coffee from speciality roasters **Extract Coffee Bristol**, experts in ethical production and winners of **Best All Round Speciality Coffee Roaster UK Coffee Awards 2022**.

Latte	£3.30
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Cappuccino	Reg £3.20 Lge £3.40
Flat White	£3.20
Espresso	£2.40
Long Black	£2.80
Macchiato	£2.50
Cortado	£3.00
Mocha	£3.60
Chai Latte	£3.35

EXTRACT COFFEE ROASTERS



Minor Figures Oat Milk and Alpro Soya Milk
available with all hot drinks (70p)

Cakes

Our cakes are homemade or locally sourced. Check our counter display for today's fresh cakes, tray bakes and muffins.

Other Drinks

Breakfast Tea	£2.30
Alchemy Ice Tea (Peach, Lemon or Mint & Cucumber)	£3.00
Twinnings Earl Grey	£2.60
Decaf Breakfast Tea	£2.60
Hot Chocolate	£3.35
Luxury Hot Chocolate	£3.80
Green Tea	£2.60
Redbush	£2.60
Speciality Herbal Teas	£2.60
Babyccino	£1.50
Kids Hot Chocolate	£2.35
Kids Luxury Hot Chocolate	£2.70
Milkshakes (Strawberry, Chocolate)	£4.00

Smoothies

Mixed Summer Berry	£3.95
Mango, Kale & Spinach	£3.95
Strawberry & Banana	£3.95

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