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Welsh Breakfast - Grilled tomato, Bistre Farm sausage and bacon, fried or	£5.95
scrambled egg, baked beans and a slice of toast and butter	
Caffi Cyfle Big Welsh Breakfast- Grilled tomato, 2 Bistre Farm sausage and bacon,	£7.50
2 fried eggs or scambled egg, beans and 2 slices of toast and butter	
Vegetarian Breakfast- Grilled tomato, 2 vegetarian sausages, flat mushroom,	£5.95
baked beans, fried or scrambled eggs a slice of toast and butter	
Scambled egg on toast	£3.00
Baked beans on toast	£3.00
Porridge with honey	£2.50
Breakfast Baps - Bistre Farm sausage, bacon, fried egg or vegetarian sausage	£3.00
Toast - 2 slices of white or brown toast served with butter	£1.50
Jam, marmalade or honey	30p each
Extra breakfast items	60p each
Flat mushrooms, baked beans, sausage, bacon ,egg or slice of bread or toast	
Jacket potato served with a dressed salad garnish and butter	£3.50
Choose from cheese, tuna, baked beans, chicken & bacon mayonnaise	
1 Filling	£4.00
2 Fillings	£4.60
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Toasties and Paninis served with dressed salad garnish and crisps	£4.50
Choice from:	
Mozzarella pesto and tomato, cheese and tomato, cheese and onion, ham and	
cheese, chicken & bacon mayonnaise or tuna and cheese	
cheese, effective bacon mayormaise of tuna and effects	
Sandwiches served with a dressed salad garnish and crisps	£4.50
Choice from:	2 1130
Spinach, egg and tomato	
Falafel, homous, grated red cabbage and carrot, spinach	
Bistre Farm sausage or vegetarian sausage with a onion chutney and tomato	
Bistre Farm baked ham salad	
Chielese and chutney	
Chicken and bacon mayonnaise	
BLT	
Tuna mayonnaise salad	
Homemade sour served with home made excuters and a bread rell	£3.50
Homemade soup served with home made croutons and a bread roll	£2.00
Add a small soup to your Panini, Toastie or Sandwich	<b></b>

Please ask about gluten free options

A Selection of hot & cold drinks

A selection of cakes





from £1.50

from £1.00