



NANT GWRTHEYRN

**(M) Soup of the day** (please see blackboard)  
served with Henllan bread and Welsh butter

£5.50

**Sandwiches** (available until 4.30pm)  
served on white or brown bread, with salad and coleslaw

Aberdaron crab with lemon mayonnaise (when available)

£7.95

**(M) Meinir Hummus and roasted vegetables**

£5.75

**(M) Home cooked ham with wholegrain mustard**

£5.75

**(M) Free range egg and spinach**

£5.75

**(M) Welsh Cheddar and Nant relish**

£5.75

**(M) Pesto chicken, avocado and watercress**

£5.75

**Toasted sandwiches** (available until 4.30pm)  
served on white or brown bread, with salad and coleslaw

**(M) Bacon, tomato and spinach**

£6.50

**(M) Welsh Cheddar with red onion**

£6.50

**(M) Home cooked ham with Welsh cheddar**

£6.50

### **Welsh rarebit**

made with *Cwrw Llŷn* ale and served on white or brown bread, with salad and coleslaw

**(M) Welsh rarebit toastie**

£6.50

**(M) with Bacon**

£7.25

### **(M) Quarryman's Lunch**

Local cheese, homecooked ham, white or brown bread, with salad, coleslaw and Nant relish

£8.00

### **Fisherman's lunch**

Smoked mackerel fillet, prawns, Henllan brown bread, salad, coleslaw and horseradish sauce

£8.95

### **(M) Salmon and red pesto fishcakes**

served with salad and red pesto mayonnaise

£8.50

### **Aberdaron Crab**

dressed and served in its shell, salad brown Henllan bread and lemon mayonnaise

£12.95

### **(M) Chicken salad**

cooked with pesto and served with salad and avocado

£7.95

**(M) Vegetable pancake**

filled with Mediterranean vegetable and a creamy sauce and covered in tomato sauce and peppers with cheese and served with salad £6.75

**(M) Falafel**

with tomato and red pepper sauce, served with pitta bread and salad £7.95

**(M) Tuna salad**

served with salad leaves, Llŷn new potatoes, free range egg and olives £7.75

**(M) Ham roasted with Llŷn honey**

two fried free-range eggs and homemade chips £8.75

**8oz Welsh lamb and mint burger**

served in a sourdough bun with red onion relish, salad and homemade chips £10.95

**(M) 3 free range egg omelette**

filled with Welsh cheddar cheese and served with salad £6.95

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**On the side...**

Garlic bread with parsley £2.50

New potatoes £2.95

Homemade chips £2.95

Salad bowl £2.95

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**'Elis bach' menu**

£4.00

Oinc Oink sausage with homemade chips

Free range egg with homemade chips

Free range egg, Ham and homemade chips

Pesto chicken salad

Fish fingers with homemade chips




**Do you know who Elis Bach was?  
Learn about him at the chapel...**

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***A choice of homemade cakes & drinks served at the counter***

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 nant gwrtheyrn

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