



NANT GWRTHEYRN

**Soup of the day** (see blackboard for details) **(V)(VG)(GFO)(DFO)** - £5.75

Served with Henllan bread and welsh butter

**Sandwiches (GFO) with seasonal salad and crisps**

Prawns in Marie Rose sauce with Iceberg lettuce - £6.95

Tuna mayonnaise with red onions - £5.75

Home cooked Ham with Nant Gwrtheyrn chutney - £5.95

Egg and cress with mayonnaise **(V)** - £5.50

Welsh cheddar cheese with Nant Gwrtheyrn chutney **(V)** - £5.95

**Warm toasted flatbread with side salad and crisps**

Goat's cheese and caramelised onions **(V)** - £6.25

Shredded duck and BBQ plum sauce - £6.95

Hummus, and sundried tomatoes **(VG)** - £5.95

**Welsh Rarebit**

Made on site with 'Cwrw Llŷn' on brown or white thick bloomer bread, Nant Gwrtheyrn chutney, seasonal salad **(V)** - £7.95

With 2 slices of bacon - £8.50

**Jacket potato with side salad:**

Cheese **(V)** or beans **(VG) (GF)** - £6.95

Prawns in Marie Rose sauce **(GF)** - £7.50

Tuna mayonnaise **(GF)** - £6.95

Goat's cheese and caramelised onions **(V) (GF)** - £6.75

Extras- 75p

**Hot meals**

**6 oz. Welsh beef burger** (sourced locally)

Served on a Brioche bun with red onion relish, onion rings, chips, side salad - £12.50 (with cheese 75p extra) (with bacon 75p extra)

**Home cooked ham** (sourced locally) served with two fried eggs, garden peas or beans and chips **(GF)** - £11.95

**Goat's cheese (V) burger**

Served on a Brioche bun with red onion relish, onion rings, chips, salad - £11.95

**Mussels marinieres and chips** with homemade garlic bread - £13.50

See the blackboard for our daily specials

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**Sides:**

Chips (V) (TG) (GAF) - £3.50

Sweet potato chips (V) (TG) (GAF) - £3.50

Seasonal salad (V) (TG) (GAF) - £3.50

**Salads:**

**Salad of the sea** with smoked mackerel, Atlantic prawns, pickled cockles and horseradish cream dressing served with buttered brown slices- £11.95

**Miner's salad** with homecooked ham, cheese, boiled egg and Nant Gwrtheyrn's chutney served with thick white or brown (Henllan) bloomer - £11.50

**Five bean, artichoke and chestnut salad** served balsamic glaze and toasted pine nuts - (V)- £11.50

**'Elis bach' Children' Menu £5.95**

Sausage, chips and baked beans

4oz Beef burger and chips

Cod bites, chips and baked beans

Jacket potato with cheese, tuna or baked beans

Sandwich (ham, cheese, egg or tuna), fruit pot, crisps and a drink



**Please discuss any dietary requirements with a member of staff or ask to see our food allergy file**

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***A choice of homemade cakes, afternoon teas and drinks are on offer at the counter, please ask the staff for the menu.***

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