

## House Signature Sandwiches:

	Bag	S/wich
<b>House Salt Beef Brisket</b> Slices of tender slow poached salt cured beef brisket. Melts in the mouth! (Try it with shredded gherkin).	£4.25	£3.95
<b>Hog Roast Pulled Pork</b> Shredded slow roast Welsh white hog in our house BBQ sauce. (Add your extras).	£4.05	£3.75
<b>Pork, Stuffing &amp; Crackling</b> Shredded aromatic shoulder pork confit with crispy crackling and sage and bay stuffing.	£3.50	£2.95
<b>Tuna with Dancing Demons</b> Dolphin friendly tuna with our spicy pickled chillies and pickled pink onions. Spicy!	£3.55	£3.25
<b>Welsh Cold Cuts Baguette</b> Any selection of 3 from:	£3.85	£3.50

- Sliced brawn (from the pigs head).
- Sliced spiced faggots.
- Pressed pig's tongue.
- Sliced bay infused belly pork.
- Sliced salt beef brisket.
- Sliced house gammon ham.
- Sliced roast turkey.

Add your extras – try it with pickled pink onions.

## Classic Sandwiches:

<b>Real Roast Gammon Ham</b> Slices of WA Harris tender house roast gammon ham - not the fake plastic interloper! (Add your extras).	£2.65	£2.35
<b>Slow Cooked Beef Brisket</b> Slices of WA Harris slow roast beef brisket over-generously sliced. (Add your extras).	£2.65	£2.35
<b>Free Range Egg Mayonnaise</b> 6 minute boiled eggs in our creamy mayonnaise. (Add your extras).	£2.55	£2.25

## Classic Sandwiches Continued:

	Bag	S/wich
<b>Classic Tuna Mayo</b> Dolphin friendly tuna in our creamy lemon mayonnaise. (Add your extras).	£2.65	£2.35
<b>Coronated Breast of Chicken</b> Roast chicken breast chopped into a curry spiced mayonnaise. (Add your extras).	£2.85	£2.65
<b>Bacon, Lettuce &amp; Tomato</b> Thick cut back bacon with lettuce, tomato, & our citrus mayo (Add your extras).	£2.65	£2.35
<b>Slow Roast Turkey Breast</b> Fresh carved succulent turkey breast with options. (Add your extras).	£2.65	£2.35
<b>Smoked Salmon &amp; Cream Cheese</b> Oak smoked salmon with chive cream cheese & cucumber.	£3.95	£3.65
<b>Atlantic Prawn Mayonnaise</b> Sweet flavoured deep water prawns with our citrus mayonnaise.(Add your extras).	£3.05	£2.85
<b>Brie &amp; Bacon</b> Welsh brie style cheese and house cured bacon. (Add your extras).	£2.95	£2.65
<b>Chicken &amp; Bacon</b> Roast chicken breast with crisped bacon in a citrusy mayonnaise. (Add your extras).	£2.85	£2.55
<b>Chicken &amp; Mayonnaise</b> Roast chicken in our citrusy mayonnaise. (Add your extras).	£2.85	£2.55
<b>BBQ Chicken</b> Roast chicken in our smokey house BBQ sauce. (Add your extras).	£2.85	£2.55
<b>Cheddar Cheese</b> Grated Welsh Cheddar. Mature and tangy. (Add your extras).	£2.65	£2.35

<b>Cheese &amp; Winter Slaw</b> Grated Welsh Cheddar with our house Winter coleslaw. (Add your extras).	£2.95	£2.65
<b>Mexican Spiced Tuna</b> Dolphin friendly tuna with chilli & paprika spiced Mayonnaise and mixed peppers. (Add your extras).	£2.85	£2.55
<b>Sweet Chilli Chicken</b> 100% chicken breast served with	£2.85	£2.55

**You Sandwich Not Here?** Ask us – we've got it!

## Sandwich Extras:

**CHOICES!** **DECISIONS**  
**OPTIONS** be picky

**CHOOSE YOUR BREAD:**  
Sliced Crusty White, Sliced Wholemeal, Baguette (+30p), Bagel, Crusty Cob, Soft Bap, White Sub, Seeded Bap, Wholemeal Bap.

**CHOOSE YOUR EXTRAS:**  
Welsh mustard (fiery), House spiced chutney (tangy), Free range mayonnaise, House cranberry sauce, House horseradish sauce (creamy & fiery), Pig Aderyn apple sauce (sweet Welsh apple), House pickled pink onions (sharp & sweet +10p), Shredded gherkin (crisp & tangy +10p), House winter slaw (creamy, crunchy winter veg +15p), House winter salad (sweet & sharp winter veg +15p), Sage & bay stuffing (+15p), Wild rocket (peppery +15p), House dressed salad (lettuce, tomato +15p), House naked rocket salad (rocket and pickled pink onions) (+20p), Sliced vine tomatoes (+20p), Mushrooms (+30p).

**Favourite not here? Ask us – we've got it!**

There's even more...



## Pressed Panini Sandwiches:

(We can't guarantee our toasties will be hot on delivery but if you're technologically blessed pop them in the microwave for 30 or 40 seconds!)

**Pressed BBQ Chicken Melt** £2.95  
Roast chicken breast with our smokey BBQ sauce (Add your extras).

**Pressed Chicken & Bacon Melt** £2.95  
Roast chicken breast and house cured bacon (Add your extras).

**Pressed Sweet Chilli Chicken Melt** £2.95  
Roast chicken breast and house sweet chilli sauce. (Add your extras).

**Pressed Tuna Melt** £2.95  
Flaked dolphin friendly tuna hot pressed with cheese and red onion. (Add your extras).

**Pressed Mexican Tuna Melt** £2.95  
Hot pressed dolphin friendly tuna with chilli & paprika and mixed peppers (Add your extras).

**Pressed Ham & Cheese Melt** £2.95  
Real gammon ham hot pressed with Welsh mature cheddar. (Add your extras).

**Pressed Beef & Mustard Melt** £2.95  
Slow roast brisket hot pressed and dressed with Welsh mustard. (Add your extras).

**Pressed Brie & Bacon** £2.95  
Goey melted Welsh brie style cheese and house cured bacon. (Add your extras).

**Pressed Tomato Melt** £2.95  
Fresh flash fried tomatoes hot pressed with Welsh cheddar. (Add your extras).

## From Our Ovens:

**The Man and Plough** £3.95  
Choice of our homemade shortcrust pork pie or Welsh cawl oggy with a slab of perl wen cheese or Welsh cheddar served with house chutney & crisp bread (Add your extras).

**Welsh Mutton Cawl Oggy** £1.95  
Hearty fold over pasty filled with tender slow cooked Welsh mutton, leeks, and seasonal veg in a thick, real stock sauce. (Add your extras).

**Faggot & Pea Pie** £2.95  
Crisp topped shortcrust pastry cup filled with WA Harris' secretly blended faggots and peas in a rich real stock gravy. (Add your extras).

**Classic Pastry Selection** £varies

5" Pork sausage roll:	£1.20
Traditional Beef & veg pasty:	£1.30
Corned beef pasty:	£1.20
Creamy chicken pasty:	£1.30
Melted cheese & onion pasty:	£1.10
Bacon & Cheese Puff:	£1.30

## Specials Board

Our Specials Board changes daily so please ask us what's up there today.

**Previous Specials have included:**

- Hot Roast Pork, Stuffing, & Apple Sauce.
- Creamy Cockle & Bacon Pie
- Minute Steak & Mushroom Sandwich
- Crispy Pig's Ears with 3 Dips
- Crunchy Welsh Rarebit Goujons with Brains Dark Ale.
- Bakery Bubble & Squeak with Crispy Bacon
- Faggots & Peas with Real Stock Gravy

## Salad Bar:

**Gym Bunny's Salad** £4.95  
Super healthy high protein low fat! Lean turkey breast, cottage cheese, butter beans, shredded beetroot, carrot, and celery with sunflower seeds.

**Tuna & Dancing Demons** £4.95  
Flaked dolphin friendly tuna with hard boiled egg, mixed leaf salad, capers (optional), and pickled pink onions and mild chilli.

**Welsh Goats Cheese & Cured Ham** £4.95  
Soft goats cheese served with Carmarthen ham, vine tomatoes, shredded beetroot, wild rocket, and crisp lettuce.

**Chicken & House Winter Slaw** £4.95  
Bay poached chicken breast with creamy shredded winter veg, red onion, and pine nuts.

**Chicken, Bacon & Avocado** £4.95  
Bay poached chicken breast with crispy belly bacon, sliced avocado, lettuce & vine tomato.

**Salt Beef Caesar Salad** £4.95  
House cured brisket with hard boiled egg, shredded gherkins and lettuce, vine tomatoes, garlic croutons, and a classic Caesar dressing.

**Greek Feta Salad** £4.95  
Diced feta cheese with vine tomatoes, black olives, pickled cucumber, red onion and dressed shredded lettuce.

**12 Hour Ham Hock & Bean Salad** £4.95  
Flaked 12 hour cooked ham with butter beans, shredded red onion, and chopped tomato & basil relish.

There's still more...



## Pasta Salads

### Ham Hock & Halloumi Pasta Salad £4.95

21 hour ham hock with grilled Halloumi cheese, fusilli pasta, and basil oil dressing.

### Tuna Pasta with Pesto £4.95

Flaked dolphin friendly tuna with fusilli pasta, rich pesto dressing, cherry tomatoes, and pine nuts.

### Duck Egg Niçoise Pasta Salad £4.95

Hard boiled duck egg with dolphin friendly tuna, black olives, capers and cherry tomatoes in a lemon and olive oil dressing.

### Chicken, Bacon & Avocado Pasta £4.95

Bay poached chicken breast with crispy belly bacon, sliced avocado, and cherry tomato in a chilli & coriander dressing.

### Goat's Cheese & Beetroot Pasta £4.65

Soft Welsh goats cheese with diced beetroot, wild rocket and a sweet vinegar and olive oil dressing.



## Sweet Things:

<b>Vanilla Custard Slice</b>	<b>85p</b>
Iced pastry topped vanilla custard.	
<b>Welsh Cake</b>	<b>5 for £1.65</b>
Fresh baked traditional cakes.	
<b>Bara Brith</b>	<b>£2.55</b>
Tea soaked sweet fruit cake.	
<b>Jam Doughnuts</b>	<b>55p</b>
Light, fruit jam filled holey heaven.	
<b>Fresh Cream Scone with Jam</b>	<b>99p</b>
Traditional tea time scone and real cream.	
<b>Fresh Cream Éclair</b>	<b>99p</b>
Chocolate topped French choux & real cream.	
<b>Fresh Cream Apple Turnover</b>	<b>99p</b>
Appley, cinnamon pastry with real cream.	
<b>Rich Chocolate Brownie</b>	<b>95p</b>
Soft and sugar coated chocolate slice.	
<b>Lemon &amp; Poppy Seed Muffin</b>	<b>95p</b>
Sweet citrus muffin with lemon curd centre.	
<b>Triple Chocolate Chip Muffin</b>	<b>95p</b>
Chocolate overloaded soft centred muffin.	
<b>Caramel Iced Sponge Slice</b>	<b>95p</b>
Light sponge cake with caramel icing.	
<b>1000 Sprinkled Doughnut</b>	<b>69p</b>
Light sugary doughnut with 100's & 1000's	
<b>Choc Chip Sprinkled Doughnut</b>	<b>69p</b>
Light sugared doughnut with chocolate sprinkles.	
<b>Belgian Bun</b>	<b>69p</b>
Light fruity bun with iced topping and cherries.	
<b>Chelsea Bun</b>	<b>60p</b>
The original current bun. Deliciously glazed.	

**Ask about our daily sweet oven specials too!**

## Crisps & Drinks

<b>Real Crisps</b>	<b>60p</b>
Jalapeño Pepper	
Sea Salt & Black Pepper	
Ham & Mustard	
Sweet Chilli	
Roast Ox	
Sea Salt & Malt Vinegar	
Cheddar Cheese & Onion	
<b>Drink</b>	
Can of Coke	77p
Can of Diet Coke	77p
Bottle of Coke (500ml)	£1.30
Brecon Carreg Still Water (500ml)	65p
Can of Dr Pepper	77p
Can of Fanta Twist	77p
Monster Energy Drink	£1.75
Yazoo Milkshake	99p
<b>Tea</b>	
Every day tea	80p
Earl Grey	£1.25
Green Tea	£1.25
Peppermint Tea	£1.25
Elderberry Tea	£1.25
<b>Our Fresh Coffee</b>	
Cappuccino	£1.25
Latte	£1.25
Americano	£1.25
Mocha	£1.25
Espresso	£1.25
Double Espresso	£1.55



**Ask us about Buffets & Shindig food.**

**THE BAKERY**

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At least 10% of every penny we make as a company goes to support the efforts of the incredibly dedicated people at Velindre Hospital's Stepping Stones Appeal. By using us you're helping us help them to help us all. Thank you.