

BREAKFAST

Served until 11:30am

ADVENTURER'S BREAKFAST £11.50

A traditional Welsh breakfast with 2 Welsh sausages, 2 rashers of bacon, fried egg, hash browns, beans, whole Portabello mushroom, tomato and doorstop toast with Welsh butter

ADVENTURER'S VEGGIE BREAKFAST (V) £10.50

Full vegetarian breakfast with 2 veggie sausages, 2 fried eggs, hash brown, beans, whole Portabello mushroom, tomato and doorstop toast with Welsh butter

LOADED TOAST £6.50

Smashed avocado, served on doorstop toast with a fried egg and side salad

FULLY-LOADED BORE DA BAP £9.00

2 Welsh sausages, 2 rashers of bacon, a fried egg, hash brown and Welsh butter in a brioche bap. Veggie sausages available

WELSH RAREBIT £5.50

Traditional Welsh rarebit served on doorstop toast with Snowdonia balsamic onion chutney and side salad

BORE DA BAP £8.00

Choose from 2 Welsh sausages, 2 rashers of bacon or 2 veggie sausages in a brioche bap. Served with fried egg, hash brown and Welsh butter

BIG BREAKFAST BORRE-TO £10.00

A fully-loaded breakfast burrito with 2 sausages, a rasher of bacon, hash brown, egg, Monterey Jack cheese and hot honey drizzle



BREAKFAST EXTRAS £1.00

BACON SAUSAGE VEGGIE SAUSAGE HASH BROWN EGG TOAST

VEGAN BUN AND SPREAD AVAILABLE

LIGHT BITES

Served from 11:30am

STEAK BAGUETTE £10.00

Crisp & warm sourdough baguette with premium beef, sweet and zingy Dijon mayonnaise, and a crisp mixed leaf salad

VEGAN BAGUETTE (V) (VE) £8.00

Crisp & warm sourdough baguette with pulled Oumph! sweet and zingy Dijon mayonnaise, and a crisp mixed leaf salad

LOADED FRIES £8.00

Crispy fries, loaded with our hot rarebit queso sauce, with salsa, guac and sour cream sauce with beans, lamb or chicken Upgrade to steak for £2.00

CHICKEN BAGUETTE £8.00

Crisp & warm sourdough baguette with chicken, sweet and zingy Dijon mayonnaise, and a crisp mixed leaf salad

PROTEIN POT £5.00

Smoky 3 bean mix and a fresh wedge of lime, alongside your choice of protein Upgrade to steak for £2.00

NACHOS £8.00

Tortilla chips smothered in hot rarebit queso sauce, fresh salsa, guac, sour cream and jalapeños, with vegan Oumph! pulled meat, lamb or chicken Upgrade to steak for £2.00

ADD TORTILLA CHIPS AND DIP £5.00



QUESADILLAS

Toasted tortilla wrap with your choice of protein and Welsh rarebit and Monterey Jack cheese sauce, with pico de gallo and a dipping salsa on the side

£9.00

BURRITOS

A toasted flour tortilla wrap packed with your choice of protein, spiced rice, black beans and fresh smoky leek, with Monterey Jack cheese, guacamole, jalapeños, sour cream and a zingy tomato salsa and Siracha

£10.00

CHOOSE your FILLING

Tender chicken, flavourful lamb, and a delicious vegan Oumph! Pulled Meat - there's something for everyone! Each is carefully prepared using quality ingredients to deliver a great taste.

UPGRADE TO OUR PREMIUM STEAK FILLING

Our Welsh PGI steak comes from cattle raised on the lush pastures of Wales, producing tender, richly flavoured beef with beautiful marbling. Fully traceable, responsibly produced, and proudly Welsh, it guarantees quality and authenticity in every bite.

+£2.00

BURRITO BOWLS

GREEN PEAK BOWL

Fresh, green and never boring! Crispy green leaf mixed salad, lightly pickled red onion, guacamole, vibrant tomato and peppers, lime wedge, and your choice of protein

£9.00

NAKED BURRITO BOWL

Just like our burrito, but without the wrap!

£10.00

EXTRAS £1.00

MINT MAYO SALSA GUACAMOLE
PICO DE GALLO HOT HONEY SOUR CREAM

HERO PLATES

All of our hero burgers are served in a brioche bun and a portion of crispy fries

PHOENIX BURGER £16.50

2 Welsh made breaded chicken patties stacked with melted Monterey Jack cheese and bacon, topped with bbq sauce, lettuce and tomato

VELOCITY BURGER £16.50

2 Welsh beef smashed burger patties stacked with melted Monterey Jack cheese and bacon, topped with burger sauce, lettuce, tomato and gherkins

VEGAN FISH AND CHIPS (V) (VE) £13.50

Vegan fish, chunky chips, mushy peas with vegan mayo and gherkins

TITAN BURGER £16.50

2 Welsh made smashed lamb patties stacked with Welsh teifi halloumi, topped with mint mayo, lettuce and tomato

SAFARI BURGER (V) (VE) £16.50

2 Oumph! burger patties in a premium vegan Kaiser bun stacked with vegan cheese, vegan mayo, ketchup, lettuce, tomato and gherkins

QUARRYMAN'S CATCH £15.50

9oz cod fillet, chunky chips, mushy peas and tartare sauce



KIDS £7

Each kids' meal comes with fries a choice of beans or peas, and a glass of either orange or blackcurrant squash

3 CHICKEN TENDERS

3 CRISPY CHEESY STICKS

2 SAUSAGE AND CHIPS (V) OPTIONS AVAILABLE

CHICKEN QUESADILLA



SIDES

CRISPY FRIES (V) £3.00

TRIPLE-COOKED CHIPS (V) £3.00

ONION RINGS (V) £3.00

MOZZARELLA STICKS (V) £5.00

TORTILLA CHIPS AND DIPS (V) £5.00

THICK SHAKES £9

COOKIE MONSTER (V)

Scoops of Welsh Mario's cookie dough ice cream, chocolate sauce and sprinkles, topped with Oreos, a flake and whipped cream

CRAZY CARNIVAL (V)

Scoops of Welsh Mario's mariostar ice cream, blue raspberry sauce and sprinkles, topped with meringue, marshmallows, candy floss and popcorn



IF YOU HAVE A FOOD ALLERGY PLEASE LET US KNOW AT THE TIME OF ORDERING.

We prepare food in an environment that handles all 14 major allergens. Let us know your needs, and we'll do our best to guide you to a safe choice



CEGIN GLO
BAR & BISTRO



SCAN HERE
AND ORDER
TO YOUR TABLE