

Drinks

Teas	All teas served in a pot	Per person	
	Welsh Dragon tea	1.20	
	Selection of speciality, herb and fruit teas	1.40	
Coffee and chocolate		Small	Large
	Filter	1.30	1.50
	Espresso	1.30	1.50
	Cappuccino	1.40	1.60
	Latte (glass)	1.60	
	Americano (glass)	1.50	
	Macchiato	1.50	
	Mocha	1.80	
	Barley grain	1.00	1.25
	Instant with hot milk	1.00	1.25
	Hot Chocolate	1.40	
	Cafetière of Fair Trade coffee	1.60	per person
Smoothies, juices and milk shakes	Milk Shakes, Banana, Chocolate or Strawberry Smoothies made from fresh fruit - See the board for ideas!	1.60	2.95
Fruit juice	Apple	1.60	
	Orange, or freshly squeezed fruit of your choice	1.80	
Organic Sparkling Drinks	Select from our range of Whole Earth drinks including elderflower, lemonade, cola, cranberry, ginger	1.20	
Water	Local bottled water, still or sparkling	1.00	
Wine, beer	Selection of wines, bottled beers and cider	From 2.00	

All drinks can be served with goat's milk or soya milk if required

We can provide take out containers for most of our food and drink



The Herb Garden Café

Good Food, freshly cooked from organic locally sourced ingredients where possible

Snacks (available all day)

Toast	Organic bread of your choice served with home made marmalade and jam	1 slice or two	60p/1.20
Rolls and Sandwiches	Organic roll or bread, with salad garnish	Ham, Bacon, Cheese, Egg mayo, Vegetarian paté (vegan)	From 2.85
	Brie and apple, Hummus and carrot, Avocado and salsa (as available)		
Platters	All served with freshly baked roll and salad garnish		5.50
Ploughman's	Selection of Welsh cheeses with relishes		
Veggie	Selection of vegetarian patés		

Please find a table, order at the counter, then we will bring your food to you

Hot Snacks

Baked Potato	Served with salad garnish	
	On its own	2.50
	Cheese/beans	3.70
	Herby cottage cheese	3.70
	Salad of the day	4.00
	Cheesy leek	4.25
	Veggie chilli with yogurt and cheese (vegan on its own – please ask)	4.25
	Creamy mushroom and bacon	4.25
	Garlic mushrooms (vegan)	4.25
	Goat's cheese and red onion marmalade	4.25
Burgers	All home made and served with organic roll, salad garnish and home made relishes	
	Cashew burger	4.95
	Spicy bean burger (vegan)	4.50
	Lamb burger	4.95
Falafels	Home made, (vegan) served with pitta bread, salad and minty yoghurt	4.95

Children's portions available where possible

Please ask if you have any special dietary requirements - we try to accommodate these wherever possible, for example slimmers', gluten free

Lunch (available from 12.00)

Soup	For a quick option, try our self service home made soup: served with freshly baked roll (see board for the daily soup option)	3.50
Specials	Created and freshly cooked every day- our special dishes, range from pasta to pies, bakes to casseroles, veggie and meat options available	See board
Salad	Selection of imaginative salads with a roll	
	Plate (salads plus hummus, egg mayo etc)	5.50
	Bowl (selection of salads as available)	4.00

Sweet things

Pud	Sweet of the day – see the board	2.95
Cake	Cakes and slices all home made: most days you will find carrot cake, apple cake, lemon drizzle, fruit cake, coffee cake, flapjack, apricot bars, brownies	From 1.00
Ice Cream	Selection of ice cream from Mary's Dairy	1.95
Fruit Salad	Yes, freshly made, it will be different every day! Slimmers top it with low fat yoghurt, others indulge with cream or ice cream	2.50
Cream, Ice cream	Extra portion	50p

We make our own burgers, patés, sauces, chutneys and preserves. Every day we create soups, pies, bakes, casseroles and puds using fresh ingredients wherever possible. We support Fair Trade for goods that are sourced abroad

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