

# BARA



HALEN  
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LANJIRI

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MOR

COALTOWN®  
COFFEE ROASTERS

HONEST TOIL

 Welsh Lady  
Est 1966

WILDFARMED

# BREAKFAST

From 08:00 – 11:00

## Tost (V)

Toasted focaccia with butter & Welsh honey / Welsh  
Lady preserves ..... £3.00

## Yoghurt & Granola (V)

Tims Dairy vanilla yoghurt, house hazelnut & cranberry  
granola, seasonal fruit ..... £6.50

# LUNCH

From 11:00 – 15:00

## Caerphilly Cheesesteak

8 hour smoked Welsh beef brisket, Caerphilly cheese sauce,  
melting onions & leeks, mustard, in a sesame Bara roll ..... £14.50

## Lamb-iri Harissa Focaccia

Slow-cooked Welsh lamb shoulder in Lamiri Harissa, yoghurt  
& dill-dressed cucumbers ..... £13.75

## Smoked Tofu & Shiitake XO Focaccia (VE)

Crispy smoked tofu, spiced shiitake mushroom & laver  
seaweed XO, Welsh Laverbread, sesame-dressed cabbage ..... £11.00

## Saffron Coronation Chicken Focaccia

Coronation chicken, charred pineapple, mango & scotch  
bonnet salsa, baby gem lettuce ..... £9.50

## Egg Mayo & Peanut Rayu Focaccia (V)

Classic egg mayonnaise, house-made chilli & peanut rayu ..... £7.50

FOOD

(V) Vegetarian  
(VE) Vegan

*Our kitchen regularly handles allergens including gluten, nuts, eggs,  
sesame, dairy. While every reasonable precaution is taken, we cannot  
guarantee that everything will be free from cross-contamination.*

*A discretionary 12.5% service charge is added to all dine-in bills.*

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# Brunch

From 09:30 – 15:00

## Welsh Honey Butter Pancake (V)

Fluffy pancake slathered in honey, butter, maple & soy syrup ..... £13.25

## Swansea Breakfast *(subject to availability)*

Câr-y-Môr cockles, smoked bacon, buttered leeks & Laverbread on toasted focaccia, fried egg ..... £14.50

## Crab Rarebit

Câr-y-Môr brown crab, Caerphilly cheese & Welsh beer rarebit on focaccia ..... £15.00

## Ragù on Toast

Slow-cooked Welsh sausage & beef ragù on smoked beef dripping focaccia, finished with cream & parmesan ..... £15.75

# Sandwiches

From 11:00 – 15:00

## Caerphilly Cheesesteak

8 hour smoked Welsh beef brisket, Caerphilly cheese sauce, melting onions & leeks, mustard, in a sesame Bara roll ..... £14.50

## Lamb-iri Harissa Focaccia

Slow-cooked Welsh lamb shoulder in Lamiri Harissa, yoghurt & dill-dressed cucumbers ..... £13.75

## Smoked Tofu & Shiitake XO Focaccia (VE)

Crispy smoked tofu, spiced shiitake mushroom & Laver seaweed XO, Welsh Laverbread, sesame-dressed cabbage ..... £11.00

## Pembrokeshire Lobster Roll *(limited stock, Saturday only)*

Poached Câr-y-Môr lobster, lobster bisque mayonnaise, chives & lemon, in a sesame Bara roll ..... £18.00

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WEEKEND

# DRINKS

## Hot Drinks

Espresso.....	£3.00
Long Black / Americano.....	£3.00
Flat White.....	£3.70
Latte.....	£3.80
Cappuccino.....	£3.80
Cortado.....	£3.50
Macchiato.....	£3.50
Hot Chocolate.....	£4.00
Mocha.....	£4.00
Filter Coffee.....	£1.50
Tea.....	£2.50

*Iced +£0.30*

*Alternative milks are free.*

## Soft Drinks

Lemonaid.....	£3.80
Gaza Cola.....	£3.00
Heartsease Farm Pressé.....	£3.00
Welsh Water Still / Sparkling.....	£2.50

## Beer

**Tiny Rebel - 313 Craft Lager (330ml)**  
4.6% ABV..... £5.00

**Purple Moose - Dark Side of  
the Moose (500ml)**  
4.6% ABV..... £8.00

## Wine

**Top Cuvée 'House Wine'  
Red, White, Orange**  
*By the glass (175ml)*..... £7.50

**Blanco Blanco**  
*By the bottle*..... £42.50

**Italo Disco**  
*By the bottle*..... £47.00

**Velfrey Non-Vintage  
Welsh Sparkling Wine**  
*By the bottle*..... £47.50

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