

BREAKFAST MENU

BREAKFAST 9:30-11:30AM

PERENNIAL BREAKFAST

COOKED BREAKFASTS BELOW SERVED WITH YOUR CHOICE OF TOAST - WHITE OR GRANARY (V) (VE)
GLUTEN FREE AVAILABLE

MEATY BREAKFAST 9.50

SAUSAGE, 2 BACON RASHERS, FREE RANGE EGG, BAKED BEANS, MUSHROOMS, HASH BROWN BITES & TOAST

VEGGIE BREAKFAST (V) 9.50

HALLOUMI, GLAMORGAN SAUSAGE, FREE RANGE EGG, BAKED BEANS, MUSHROOMS, HASH BROWN BITES & TOAST

VEGAN BREAKFAST (VE) 9.50

CHESTNUT AND MUSHROOM PATTIE, MUSHROOMS, BAKED BEANS, HASH BROWN BITES, GRILLED TOMATO & TOAST

BREAKFAST ROLLS 4.50

FRESHLY MADE BREAKFAST ROLLS WITH ONE ITEM FROM OUR BREAKFAST LIST OR ADD ADDITIONAL ITEMS AS PRICED ABOVE.

RUSTIC ROLLS OR
(GF) GLUTEN-FREE BREAD AVAILABLE

ADD EXTRA ITEMS TO THE ABOVE BREAKFASTS OR ROLLS

- £1.00 EGG
- £1.00 BAKED BEANS
- £1.00 MUSHROOMS
- £1.00 TOMATOES
- £1.00 HASH BROWNS BITES
- £1.00 STRAWBERRY JAM OR SEVILLE MARMALADE
- £1.00 1 SAUSAGE
- £1.00 1 GLAMORGAN SAUSAGE (V)
- £1.50 HALLOUMI (V)
- £1.50 2 RASHERS OF BACON
- £1.50 CHESTNUT AND MUSHROOM PATTIE (VE)



LIGHT BITES

TOAST, BUTTER & JAM OR MARMALADE (V) 3,00

2 SLICES OF TOAST - CHOOSE FROM WHITE OR GRANARY WITH BUTTER AND EITHER 'FARMERS FOOD AT HOME' STRAWBERRY JAM OR SEVILLE MARMALADE

TOAST, VEGAN BUTTER & JAM OR MARMALADE (VE) OR (GF) 3.20

2 SLICES OF GLUTEN FREE, VEGAN WHITE OR GRANARY TOAST (PLEASE SPECIFY VEGAN OR GLUTEN FREE AT TIME OF ORDERING) WITH VEGAN BUTTER AND 'FARMERS FOOD AT HOME' STRAWBERRY JAM OR SEVILLE MARMALADE

BAKED BEANS ON TOAST (VE) OR (GF) 4.50

2 SLICES OF GLUTEN FREE OR VEGAN WHITE OR GRANARY TOAST (PLEASE SPECIFY AT TIME OF ORDERING) WITH VEGAN BUTTER AND BAKED BEANS

(V) VEGETARIAN (VE) VEGAN
(GF) GLUTEN FREE **ALLERGENS**

HOT DRINKS MENU

AVAILABLE ALL DAY

BREWED TEA LEAVES 2.80

'CHANTLERS TEA': PREMIUM TEA BLENDED IN PEMBROKESHIRE

TEA LEAVES BREWED IN A TEAPOT AND SERVED WITH A MILK OF YOUR CHOOSING AND JUG OF HOT WATER OR HOT WATER FOR HERBAL TEAS

PEMBROKESHIRE PREMIUM

SUPERIOR BLACK TEA BLEND

BRECON BREAKFAST

BLACK TEA BREAKFAST BLEND

ASSAM TGPOP

ASSAM OF TIPPY GOLDEN ORANGE FLOWERED PEKOE

EARL GREY BLUE FLOWER

EARL GREY INFUSED WITH NATURAL BERGAMOT OIL & CORNFLOWER PETALS

HERBAL TEA

GREEN DRAGON

JAPANESE GREEN TEA, LEMONGRASS & GINGER

DECAF TEA

ROOIBOS

SWEET REDBUSH TEA INFUSION

DECAF CEYLON OP

DECAFFINATED USING NATURAL CO2 CIRCULATION WITHOUT CHEMICAL SOLVENTS

HOT CHOCOLATE 3.00



CAFETIERE COFFEE 3.20

GROUND COFFEE PRODUCED BY THE 'WELSH COFFEE COMPANY' ARE ROASTED TO PRODUCE THE AROMAS OF DIFFERENT NUTS, DRIED FRUITS AND CHOCOLATE

DRAGON / DRAIG (DARK)

AROMA OF BROWN SUGAR / APPLE SLICE / DARK CHOCOLATE

NICARAGUA (MEDIUM)

AROMA OF CLEMENTINE / CARAMEL / CHOCOLATE

COLOMBIAN (MEDIUM)

AROMA OF HAZELNUT / CARAMEL / RAISINS

GUATEMALA (LIGHT)

AROMA OF BROWN SUGAR / BLACK CURRANT / CARAMEL

DECAF / DIM CAF.....

AROMA OF RAISIN / CASHEW NUT / CHOCOLATE

MILK OPTIONS: SEMI SKIMMED DAIRY AND BARISTA OAT MILK

LUNCH MENU

LUNCH 12:00 - 14:30

SANDWICHES

FRESHLY MADE WITH THE CHOICE OF GRANARY (VE), WHITE (VE) OR GLUTEN-FREE BREAD

OUR SANDWICHES ARE SERVED WITH CRISPS AND A DELICIOUS SALAD LEAF GARNISH

SMOKED SALMON & CREAM CHEESE 8.25

SMOKED SALMON & CREAM CHEESE

TUNA & MAYONNAISE 7.50

TUNA WITH CREAMY MAYONNAISE

FREE RANGE EGG & MAYONNAISE (V) 7.50

FREE RANGE EGGS WITH CREAMY MAYONNAISE

HAM & MUSTARD 7.75

THE CLASSIC HAM & DIJON MUSTARD

CHEESE & CHUTNEY (V) 7.50

CAERFAI FARM CAERPHILLY CHEESE & FARMERS GARDENERS WINDFALL CHUTNEY

CHILDREN'S SANDWICH 4.00

1/2 PORTION SANDWICH - CHOICE OF CHEESE, HAM OR EGG MAYONNAISE WITH A PACKET OF PLAIN CRISPS. NO GARNISH

DAILY SPECIALS

PLEASE SEE BOARD

SOUP OF THE DAY (V) 7.00
SERVED WITH A WARM RUSTIC ROLL AND BUTTER

HOUMOUS, SALAD AND TOAST (VE) 7.50
SERVED WITH A MIXED SALAD AND HOMEMADE COLESLAW. CHOICE OF GRANARY OR WHITE BREAD AND VEGAN BUTTER **SESAME**

CHEESE SCONE 4.90
WITH CHOICE OF BUTTER AND 'FARMERS@HOME' CHILLI JAM OR CREAM CHEESE AND CHUTNEY

CHEESE SCONE AND BUTTER 3.90



QUICHE AND SALAD 10.50

QUICHE OF THE DAY WITH MIXED SALAD AND CRISPS

PANINIS

FRESHLY MADE PANINIS SERVED WITH CRISPS AND A DELICIOUS GARNISH GROWN IN THE PERENNIAL GARDENS

MOZZARELLA, PESTO & TOMATO (V) 8.75

MOZZARELLA, GREEN PESTO & FRESH TOMATOES **SESAME NUTS**

TUNA & CHEESE 8.75

SPRING WATER TUNA WITH CAERFAI FARM CAERPHILLY CHEESE

PERLWEN CHEESE & CRANBERRY (V) 8.75

CAWS CENARTH PERL WEN CHEESE & CRANBERRY SAUCE

CHEESE & HAM 8.75

CAERFAI FARM CAERPHILLY CHEESE & HAM

CHESTNUT AND MUSHROOM (VE) 8.75
CHESTNUT AND MUSHROOM PATTIE WITH 'THE POTTING SHED' TOMATO RELISH

(V) VEGETARIAN (VE) VEGAN

(GF) GLUTEN FREE **UNDISCLOSED ALLERGENS**

SOFT DRINKS MENU

AVAILABLE ALL DAY

HEARTSEASE CANS 2.20

A RADNOR'S AWARD-WINNING RANGE OF SPARKING PRESSES MADE WITH WELSH SPRING WATER FROM THEIR FAMILY FARM

LEMONADE
RASPBERRY LEMONADE
FIERY GINGER BEER
ELDERFLOWER PRESSE

SAN PELLEGRINO 2.20

SPARKLING LEMON
SPARKLING ORANGE

OTHER SOFT DRINKS AVAILABLE IN SHOP FRIDGE

GELATO MILKSHAKE 3.70

ADDING COWS MILK OR OAT MILK TO YOUR CHOSEN DAIRY OR VEGAN GELATO TO COMPLETE YOUR TASTY SHAKE. FLAVOURS INCLUDE:

STRAWBERRY (V)
CHOCOLATE (V)
COFFEE (V)

IF YOU FANCY A VEGAN/DAIRY FREE OPTION YOU CAN SELECT A VEGAN GELATO FROM OUR RAMONA RANGE IN THE SHOP FREEZER FOR US TO MAKE INTO A MILKSHAKE FOR YOU USING OAT MILK

FLAWSOME! JUICE 2.50

WONKY & SURPLUS FRUIT IS USED TO MAKE DELICIOUS JUICES WHILST REDUCING WASTE PRODUCED IN WALES

ORANGE / APPLE & MANGO /
SWEET & SOUR APPLE

SWEET TREAT MENU

AVAILABLE ALL DAY

PAIR OF WELSHCAKES & BUTTER 2.50

GLUTEN-FREE AND VEGAN AVAILABLE

SCONE, JAM & CLOTTED CREAM 4.50

FRUIT SCONE WITH "THE POTTING SHED" STRAWBERRY JAM AND WELSH CLOTTED CREAM

FRUIT SCONE, BUTTER AND JAM 3.50

BARA BRITH & BUTTER 3.00

SLICE OF CAKE 3.50

DELICIOUS LOCALLY-MADE CAKE SLICES

GELATO 110ML 3.00

PERENNIAL'S OWN RAMONA GELATO 220ML 5.90

(V) VEGETARIAN (VE) VEGAN
(GF) GLUTEN FREE OPTIONS

GLUTEN-FREE AND VEGAN CAKES
TYPICALLY AVAILABLE