

# Breakfast

Served 9.00am - 11.45am

## Full Welsh Breakfast £12.50

Sausage, Bacon, Beans, Fried Eggs, Savoury Welsh Cake, Mushrooms, Tomatoes, Fried Potato Tots and Toast.

## Mini Breakfast £9.00

Sausage, Bacon, Beans, Fried Egg, Fried Potato Tots and Toast.

## Veggie Breakfast £11.95

Veggie Sausage, Beans, Fried Eggs, Avocado, Savoury Welsh Cake, Mushrooms, Tomatoes, Fried Potato Tots and Toast.

## Plant-Based Breakfast £9.95

Sautéed Mushrooms, Spinach, Tenderstem Broccoli, Garlic, Chilli, Tomatoes on Toast.

## Local Honey and Diced Apple Porridge £6.50

## Farm Eggs on Toast (Fried, Poached or Scrambled) £7.50

Add Bacon £1.50, Sausage £1.50, Feta £1.50, Beans £1.50, Crushed Avocado £2.00, Black Pudding £2.00, Smoked Salmon £2.50

## Bubbleton's Crumpet French Toast £8.95

Flavoured with a touch of Cinnamon and topped with Natural Yoghurt, Honey and Mixed Berries.

## Toast or Crumpet £3.50

With Sue's Homemade Jam or Marmalade.



## Little Chicks

Served 12noon - 3.00pm



## Beans on Toast £5.00

## Sausage, Beans, Egg and Potato Tots £6.75

## Macaroni Cheese £6.50

## Little Farmers Picnic £6.50

Ham, Cheese or Jam Sandwich, Grapes, Crisps, Carrot and Cucumber Sticks.



# Brunch

Served 9.00am - 3.00pm

## Mexican-Style Omelette Wrap £10.95

Egg wrap filled with Tomato, Coriander and Lime Salsa. Finished with crumbled Feta and Chilli Oil. Served with chopped Salad and Coleslaw.

Add Smoked Salmon £2.50, Bacon £1.50, Rump Steak £6.00

## Smoked Salmon Bagel £10.95

Toasted Bagel filled with Smoked Salmon, Cream Cheese, Spring Onion and Capers. Served with a chopped Salad and Coleslaw.

## B.S.T Benedict £10.95

Bacon, Spinach, Tomato and Poached Egg on Toast topped with Hollandaise and Spring Onions.

## Turkish Eggs £9.50

Toasted Bread topped with Garlic and Dill Yoghurt, Poached Eggs and Chilli Oil.

## Steak and Eggs £14.95





5oz Rump Steak, Fried Eggs, Smashed Avocado, Feta and deep-fried Potato Tots.

## Breakfast Roll (1 filling £5.00, 2 fillings £6.50, 3 fillings £8.00, 4 fillings £9.00)

Bacon, Sausage, Veggie Sausage, Fried Egg, Mushrooms, Black Pudding, Smoked Salmon or Avocado.

Upgrade to 5oz Rump Steak £6.00

All our food is cooked to order - please be patient in busy times. Thank you.  
For any allergy or dietary requirements please ask a member of staff who will be more than happy to help.

 = Vegetarian  = Vegan  
 = Vegetarian on Request  
 = Vegan on Request

# Lunch

Served 12noon - 3.00pm

## Homemade Soup of the Day £6.75

Served with Fresh Artisan Bread and Welsh Butter.

## Bubbleton Soup and a Sandwich £10.75

Homemade Soup with a choice of Ham and Courgette & Pepper Relish Sandwich or Cheddar Cheese and Ploughman's Pickle Sandwich.

## Welsh Rarebit £10.50

Tenby Ale, Mustard & Welsh Cheddar on Toast, finished with Sautéed Mushrooms.

Add Poached Egg: £1.50

## Ploughman's Lunch £13.50

Ham, warmed Sausage Roll, sliced Cheese, Olives, Pickles, Coleslaw, Salad and Breads.

## Crushed Pea and Lemon Bite Salad £11.00

Layered with Sun-Dried Tomatoes, Olives, Tenderstem Broccoli, and finished with a Balsamic Drizzle.

Add Smoked Salmon: £2.50, Bacon £1.50, Feta £1.50

## Ham, Melted Brie, Courgette & Pepper Relish Roll £9.75

Served with Coleslaw and Crisps.

## Moroccan-Style Falafels £11.50

Served in a folded Naan Bread, filled with Hummus, Salad, Crispy Onions, Minted Yoghurt and Feta Cheese.

Selection of Homemade Cakes on the counter.

Please have a look!

Please order & pay at the counter with your table number - thanks!



## Coffee

<b>Americano</b>	£3.40
Served with Milk on the side.	
<b>Cappuccino</b>	£3.80
<b>Latte</b>	£3.80
<b>Flat White</b>	£3.60
<b>Mocha</b>	£3.90
<b>Iced Coffee</b>	£3.80
<b>Babbicino</b>	£1.50
<b>Hot Chocolate:</b>	
<b>Plain</b>	small / large £3.30 / £3.50
<b>Cream and Marshmallows</b>	small / large £3.80 / £4.20
<b>Barti-Spiced Rum</b>	small / large £6.60 / £7.00
<b>Add Vanilla, Caramel or Hazelnut Syrup</b>	65p
<b>Oat Milk, Soya Milk</b>	65p
<b>Extra Shot</b>	50p

## Tea

Choose from tea blends below

<b>English Breakfast</b>	£3.00
<b>Classic Earl Grey</b>	£3.00
<b>Green</b>	£3.00
<b>Lemongrass &amp; Ginger</b>	£3.00
<b>Peppermint</b>	£3.00

## Soft Drinks

Please choose from the shop:

<b>Apple Juice</b>	£2.90
<b>Orange Juice</b>	£2.75
<b>Coca Cola / Diet Coke</b>	£2.75
<b>Ginger Beer</b>	£2.75
<b>Sparkling Lemonade</b>	£2.75
<b>Raspberry Lemonade</b>	£2.75
<b>Elderflower Pressé</b>	£2.75
<b>Still / Sparkling Water</b>	£1.90
<b>Chocolate / Strawberry / Banana flavoured Milk</b>	£1.90
<b>Ribena Carton</b>	£1.90
<b>Innocent Fruit Smoothie</b>	£2.00

## Milkshakes

Made with frozen Yoghurt, Milk and Fruit topped with Cream and Sauce

<b>Strawberry</b>	£4.50
<b>Chocolate</b>	£4.50
<b>Banana</b>	£4.50



## Beer & Cider

We have a wider selection inside the shop and bar fridges - but here's our favourites:

**On Tap (Pint / Half Pint):**

<b>Son of a Beach Tropical Pale</b> 4.2% - Tenby Brewing Co.	£5.80 / £2.90
<b>San Miguel</b> 5%	£5.20 / £2.60
<b>Kopparberg Apple Cider</b> 4%	£5.00 / £2.50
<b>Guinness</b> 4.2%	£5.80 / £2.90

**Cans / Bottles**

<b>Al Fresco Hazy Pale</b> 4.3% (440ml) - Bluestone Brewing	£4.80
<b>Preseli Pils</b> 4.7% (440ml) - Bluestone Brewing	£4.80
<b>The Oaty Way Oat Porter</b> 5.1% (440ml) - Bluestone Brewing	£4.50
<b>Yma o Hyd</b> 0.5% (330ml) Lager (Dirwest)	£3.00
<b>Henry VII Medium Dry Cider</b> 6% (500ml) - Pembrokeshire Cider	£4.80
<b>Orchard Gold Medium Cider</b> 4.9% (500ml)	£4.80

## Wine

	175ml	250ml	Bottle
<b>House White Wine</b>	£6.50	£7.50	£17.00

Cape Heights, Sauvignon Blanc - South Africa

	175ml	250ml	Bottle
<b>House Red Wine</b>	£6.00	£7.50	£17.00

Stone's Throw, Malbec - Australia

	200ml Bottle	Bottle
<b>House Prosecco</b>	£8.50	£19.00

Lunetta Prosecco - Italy

For more choice please see our drinks fridge inside the shop.

Please order & pay at the counter with your table number - thanks!