



(V) - vegetarian
(VO) - veg option
(VG) - vegan
(VGO) vegan option
(GF) - gluten free*
(GFO) - gluten free option*

**Prepared in a gluten containing kitchen*

All our food is freshly made, with love, in our tiny kitchen - please be advised that menu items cannot be swapped and there may be a longer (but totally worth it) wait at busy times.

Allergens and intolerances
Please speak to our staff about the ingredients in your meal, when making your order.

SAMPLE DAYTIME MENU

SERVED FROM 8.30AM – 2.30PM (CAKES AVAILABLE UNTIL 3.45PM)

Toasted Bear Bakery Sourdough With Butter (V, VGO) £3.95

Add Emporium Preserves (Lemon Curd, Marmalade, Strawberry Jam) Or Local Honey £0.50

Bear Bakery All Butter Croissant (V) £3.95

Butter And Emporium Strawberry Jam

Granola (V, VGO, GF) £6.25

Home Baked Granola, Greek Style Local Yoghurt, Hedgerow Compote

Halloumi Waffles (V, GF) £9.25

House Waffles, Organic Welsh Halloumi, Avocado, Confit Tomato, Chipotle Mayonnaise, Sriracha

Maple Syrup Waffles (V, GF) £7.50

House Waffles, Whipped Butter, Maple Syrup

Toffee Apple Waffles (V, GF) £9.25

House Waffles, Vanilla Mascarpone, Spiced Apple Compote, Butterscotch

Chicken And Waffle (Gf) £12

House Waffles, Buttermilk Fried Chicken, Maple Syrup, Sriracha

Shakshuka (V, GFO) £9.50

Two Free Range Eggs, Spiced Tomatoes & Peppers, Spinach, Yoghurt, Dukkha, Buttered Soldiers

Truffle Baked Eggs (V, GFO) £9.50

Two Free Range Eggs, Sauteed Mushrooms, Spinach, Truffle Cream, Buttered Soldiers

Twice Baked Smoked Salmon Souffle £9.95

Smoked Salmon, Kale, Old Winchester Cheese, Pickled Cucumbers, Sourdough Toast

Twice Baked Three British Cheese Souffle (V) £8.95

Kirkham's, Oglesfield, Teifi, Spinach, Chive Cream, Pickled Walnuts, Sourdough Toast

'The Breakfast' Souffle (VO) £9.95

Twice Baked Souffle, Confit Tomatoes, Sauteed Mushrooms, Bebbington's Pancetta, Sourdough Toast

Mushrooms On Toast (VG, GFO) £8.95

Grilled Portobello, Toasted Sourdough, Kale, Tarragon Butter

Emporium Brekkie £10.50

Bebbingtons Dry Cure Bacon & Sausage, Fried Free Range Egg, Mushroom, House Baked Beans, Bubble & Squeak

Veggie Brekkie (V, GF) £10.25

Welsh Halloumi, Mushroom, Tomato, House Baked Beans, Avocado, Fried Free Range Egg, Bubble & Squeak

Bacon Buttie (GFO) Or Sausage Sarnie £6.25

Bebbington's Dry Cure Bacon Or Pork usage, Griddled Sourdough, Bloody Mary Ketchup

Halloumi And Avocado Buttie (GFO) £6.50

Welsh Organic Halloumi, Crushed Avocado, Chipotle Mayo, Griddled Sourdough, Bloody Mary Ketchup

ADD STUFF

Bebbington's Pancetta, Sausage Or Black Pudding £3, Crushed Avocado £2.50, Welsh Halloumi £3, Fried Egg £1.50

Goat's Cheese, Rocket And Walnut Gnocchi (V) £12.50

Crispy Gnocchi, Anglesey Goat's Cheese Pearls, Rocket And Walnut Pesto, Rocket Salad

Camote Mexicana (V, VGO, GF) £12.50

Sweet Potato Fries, House Beans, Avocado, Sour Cream, Teifi Cheese, Jalapeno, Coriander, Lime

Three Cheese Toastie Plain / Chilli Jam / Balsamic Onion (VO, GFO) £7.50

Kirkham's Lancashire, Oglesfield & Teifi On Sourdough, Apple Slaw, Bread And Butter Pickles

Classic 'Reuben' Sandwich (GFO) £7.95

Bebbington's Pastrami, Teifi Cheese, Sauerkraut, Smokey Dijon Mayo, Griddled Malt Bread

Caprice Sandwich (V, GFO) £7.95

Laverstoke Park Mozzarella, Sunblushed Tomatoes, Home Made Rocket Pesto, Grilled Focaccia

Green Goddess Sandwich (VG, GFO) £7.95

Avocado, Houmous, Roasted Veg, Spinach, Harissa Mayo, Dukkah, Griddled Malt Bread

SIDES

Sweet Potato Fries £4.25 Seasoned Fries £3.50 Truffle And Old Winchester Fries £4.50 (V, GF, VGO)

Today's Soup (V, GFO) £5.95

Bear Bakery Sourdough, Butter

Today's Frittata (V, GF) £5.95

Apple Slaw