

AVAVIENT

Served 9.30am until 3.15pm (Mon - Sat) • 10am until 2.15pm (Sunday)

PYB BREAKFAST £9.95

1x sausage, 1x bacon, 1x egg, mini hash browns, mushrooms, half tomato, beans & toast (GF option)

XL PYB BREAKFAST £11.50

2x sausage, 2x bacon, 2x eggs, mini hash browns, mushrooms, half tomato, beans & toast (GF option)

VEGGIE BREAKFAST £9.95

2x veggie sausage, mini hash browns, mushrooms, half tomato, smashed avocado, beans & toast. (VG/GF option)

BREAKFAST ROLL £5 25

Toasted brioche roll with bacon, sausage or vegan sausage. Add mini hash browns (£2 extra), or make it a fully loaded roll with bacon, sausage and egg for £6.25. (VG/GF option)

EGGS BENEDICT £8.95

Muffin split in two, topped with bacon, poached ega and hollandaise sauce.

TOAST £2.50

2x slices served with butter and jam or marmalade (GF option)

TOASTED TEACAKE £3 ADD SOME EXTRAS. THEY'RE LUSH!

• Bacon £1.50 • Beans £1.50 • Sausage/Veggie Sausage £1.50 Smashed Avocado £1.50 • Egg £1.50

· Scrambled Egg £2.50

· Mushrooms £1.50

JACKET POTATO £5.95

All jackets are served with a salad garnish. Vegan cheese available.

WHY NOT ADD: WELSH CHEDDAR £2 . BEANS (VG) £1.50 · TUNA MAYO £2 · HAM (GF) £2 · SLAW £1.50

SIDE ORDERS

GARLIC BREAD £3.50

CHEESY GARLIC BREAD £3.95

SEASONED FRIÉS £3.50

COLESLAW £1.50

BREAD & BUTTER £1

White, granary or gluten free bread

CHILDREN'S MENU

All children's meals are served with a choice of beans or peas, chips or mash, and a carton of orange, apple or mixed berries juice*

SAUSAGE x2 £6.50 Vegan option available.

FISH FINGERS x3 £6.50

CHICKEN GOUJONS x3 £6.50

MINI CHEESE AND TOMATO PIZZA £6.50

CHILD'S MAC N' CHEESE £6.50

CHILDREN SANDWIGHES* £3.50

Cheese or ham, served with crisps on the side (drink carton not included).

All sandwiches are served with a salad garnish and crisps and are available on white, granary or ciabatta breads. Gluten free options available.

PYR CLUB SANDWICH £9.95

Tender chicken breast layered with crispy bacon, fresh lettuce, ripe tomatoes, and creamy mayonnaise, all stacked between toasted slices of our bloomer bread.

TOASTED HAM & CHEESE MELT £8.95

Savoury slices of ham paired with melted cheddar cheese, grilled to golden perfection on buttery toasted bread. Warm, gooey, and irresistibly satisfying

SUNDRIED TOMATO. **MOZZARELLA & PESTO** CIABATTA £8.95

Vegan option available Fresh mozzarella, flavour sundried tomatoes, and a vibrant basil pesto, all nestled in a warm, toasted ciabatta roll.

A Mediterranean-inspired delight, bursting with flavour.

TUNA & MELTED CHEESE CIABATTA £8.95.

Flaky tuna mixed with a zesty mayo blend, topped with melted mozzarella and cheddar cheese, all served on a warm, toasted ciabatta roll

HAM SALAD & MUSTARD SANDWICH £8.50

Succulent slices of ham layered with crisp lettuce, juicy tomatoes, and a touch of English mustard, all tucked between soft slices of our bloomer bread.

A simply yet flavourful classic.

CHEESE AND CARAMELISED ONION SANDWICH £8.50

Vegan option available.

Rich, creamy cheese paired with sweet, caramelised onion relish, layered on soft sliced bread.

A perfect balanced combination of savoury and sweet in every

ALLERGEN INFORMATION



Please advise your server of any special dietary requirements, including intolerances and allergies. For allergen information please scan the QR code, or please ask a member of staff who will gladly provide you with our list of allergens.

able vegetables and salads come from our kitchen gardens whenever possible. Our dishes come with chef's garnish, which may vary (a combination of oils and herbs)



SWEET TREATS

We have a selection of cakes situated at the cafe bar. They include vegan and gluten-free options. We also have a selection of desserts in the restaurant display fridge and on our specials boards.

DRINKS MENU

SOFT DRINKS

- · Coca Cola £2.20
- · Diet Coke £2.20
- · Coke Zero £2.20

Cawstons

- · Rhubarb £2.20
- Apple £2.20
- Elderflower £2.20
- Ginger Beer £2.20

San Pellegrino

- Blood orange £2.50
- Lemon £2.50
- Grapefruit £2.50

Water

Still or sparkling £1.55

Juice

Orange, apple or cranberry £1.75

HOT DRINKS

Americano £3.50

Double shot of espresso, topped with hot water, black with side of hot milk

Cappuccino £3.70

Double shot of espresso, with foamy, steamed milk

Flat white £3.70

Double shot of espresso, equal amounts of silky, steamed milk

Café latte £3.70

Single shot of espresso, topped with silky, steamed milk

Mocha £3.70

Single shot of espresso, topped with hot chocolate

Espresso £3

Double shot espresso

Iced Latte £3.70

Single shot of espresso, topped with cold milk, ice.

Decaffeinated available.

Hot Chocolate £3.90

Hot Chocolate Deluxe £4.90

Syrups 85p

Caramel, cinnamon, hazelnut, vanilla, chai, salted caramel. Sugar free syrups available.

Milk Alternatives 50p

Soya, almond, oat

Welsh Brew tea £2.95

Decaffeinated tea £2.95

Earl Grey £2.95

Herbal teas £2.95

Peppermint, green tea, super fruit, chamomile, lemon & ginger

CHILDREN'S DRINKS

Apple, orange or fruits of the forest carton £2

Strawberry or chocolate milkshake £2

Squash £1.50

ALCOHOLIC DRINKS

Single shot of spirit £4.25

Brecon gin, Bombay Sapphire gin, Bacardi, Penderyn whisky, Jack Daniel's, Brecon vodka, Tanners port

MIXERS

Tonic/soda water £2.50 Coke/Diet Coke £2.20 Apple, Orange, Cranberry Juice £1.75

WINE

By the 187ml bottle

White wine

Jack Rabbit Pinot Grigio 12% £4.75 Sauvignon Blanc 13% £4.75 Chardonnay £4.75

Red wine

Jack Rabbit Merlot 13% £4.75 Shiraz 12.5% £4.75

Rosé

White Zinfandel 10.5% £4.75

WINE

By the 75cl bottle

White wine

Jack Rabbit Chardonnay 11% £18.50 Jack Rabbit Pinot Grigio 12% £17.50

Red wine

La Cabanne Reserve Grenache/ Syrah 13.5% £17.50 Campo Viejo Rioja 13.5% £18.50

Rosé

Jack Rabbit White Zinfandel (USA) 11% £18.00

BEER & CIDER

Stella Artois (£4.75) 330ml 4.8%

Peroni (£4.75) 330ml 5%

Gower Lighthouse (£5.95) 500ml 4.5%

Gower Gold Ale (£5.95) 500ml 4.5%

Gower Power Ale (£5.95) 500ml 5.5%

Gwynt y Ddraig Cider (£5.95)

500ml 6.5%