

EARLY START AVAILABLE FROM 8.30AM - 2PM

TOAST £3.00 **V**

TOAST, BUTTER, HOMEMADE JAM.

CRWST GRANOLA £4.50 **V**

LLAETH Y LLAN YOGHURT, BERRY COMPOTE, CARDIGAN BAY HONEY.

SELECTION OF PASTRIES **V**

DAILY SELECTION OF HOMEMADE PASTRIES
AVAILABLE AT THE COUNTER.

SOUP OF THE DAY £5

SERVED WITH FRESH CRWST BREAD.
PLEASE ASK A MEMBER OF THE CRWST
TEAM FOR TODAY'S SOUP.

BRUNCH AVAILABLE FROM 10AM - 2PM

BRIOCHE BRUNCH BAP £5.00 **V**

CHOOSE 2 FILLINGS...

LOCAL BUTCHER'S SAUSAGE | DRY CURED BACON
FRIED EGG | ROASTED TOMATOS | AVOCADO | MUSHROOM
+ EXTRA FILLING £1

CRWST BENEDICT £8.00

18 HOUR SLOW COOKED PORK, TOASTED SOURDOUGH,
POACHED EGGS, H.P HOLLANDAISE.

AVOCADO £6.50 **VG**

SMASHED ON TOAST, SLOW ROASTED CHERRY TOMATOS,
PICKLED CHILLIES, TOASTED SEEDS.
+ CHORIZO £2 | + FETA £1 | + POACHED EGG £1

EGGS ON TOAST £4.00 **V**

FREE RANGE EGGS ON TOAST YOUR WAY!

FULL BREKKIE £7.50

LOCAL BUTCHERS BACON & SAUSAGE, HOMEMADE BEANS,
ROASTED VINE TOMATOS, MUSHROOM, FRIED EGG.
+ BLACK PUDDING £1 | + TOAST £1

SMOKED SALMON £8.00

SWANSEA FISH SMOKED SALMON ON SCANDINAVIAN RYE
BREAD, CHIVE CREAM CHEESE, PICKLED CUCUMBER.
+ AVOCADO £1 | + POACHED EGG £1

PANCAKES £6.00 **V**

LLAETH Y LLAN YOGHURT, BERRY COMPOTE, CARDIGAN BAY
HONEY, GRANOLA CLUSTERS.

CRWST BEANS ON TOAST £5.00 **VG**

HOMEMADE BAKED BEANS ON TOAST.
+ WELSH CHEDDAR £1 | + CHORIZO £2

JUST FOR CHILDREN AVAILABLE 10AM - 2PM

SMALL BREKKIE £4.50

BACON, SAUSAGE, FRIED EGG, TOAST.

EGG ON TOAST £2.50 **V**

FREE RANGE FRIED EGG ON TOAST.

PANCAKES £3.00 **V**

2 CRWST PANCAKES WITH CARDIGAN BAY HONEY.

CRWST

BWYDLEN DDYDDIOL
ARCHEBWCH WRTH Y COWNTER OS GWELWCH YN DDA

DECHRAU CYNNAR AR GAEL 8.30YB - 2YP


TOST £3.00 
TOST CRWST, MENYN, JAM CARTREF.

GRANOLA CRWST £4.50 
IOGWRT LLAETH Y LLAN, COMPOT MWYAR, MÊL BAE ABERTEIFI.


CRYSTIAU DYDDIOL 
DEWIS O GRYSTIAU CARTREF AR GAEL WRTH Y COWNTER.

SWP Y DYDD £5
GYDA BARA FFRES CRWST.
PLIS GOFYNNWCH I AELOD O DÎM CRWST
AM FLAS SWP Y DYDD.

BRUNCH AR GAEL 10YB - 2YP

BAP BRUNCH BRIOCHE £5.00 
DEWIS O 2 LENWAD...
BACWN CIGYDD LLEOL | SELSIG CIGYDD LLEOL | WY WEDI'I
FFRIO | TOMATOS WEDI'U RHOSTIO | AFOCADO | MADARCH
+ **LLENWAD YCHWANEGOL £1**

BENEDICT CRWST £8.00
PORC WEDI'I GOGINIO'N ARAF AM 18 AWR, SURDOES WEDI'U
DOSTIO, WYAU WEDI'U POTSIO, SAWS HOLLANDAISE.

AFOCADO £6.50 
AFOCADO AR DOST, TOMATOS WEDI'U RHOSTIO, TSILIS WEDI'U
BICLO, HADAU WEDI'U TOSTIO.
+ **CHORIZO £2** | + **FFETA £1** | + **WY WEDI'I BOTSIO £1**

WY AR DOST £4.00 
WY AR DOST — EICH FFORDD CHI!

BRECWAST LLAWN £7.50
BACWN A SELSIG CIGYDD LLEOL, FFA PÔB CARTREF, TOMATOS
WEDI'U RHOSTIO, MADARCH, WY WEDI'I FFRIO.
+ **PWDIN DU £1** | + **TOST £1**

EOG MWG £8.00
EOG MWG 'SWANSEA FISH', BARA RHYG SGANDINAFIDD,
CAWS HUFEN CENNIN SYFI, CIWCYMBR WEDI'I BICLO.
+ **AFOCADO £1** | + **WY WEDI'I BOTSIO £1**

PANCOS £6.00 
IOGWRT LLAETH Y LLAN, COMPOT MWYAR,
MÊL BAE ABERTEIFI, CLYSTYRAU GRANOLA.

FFA PÔB CRWST AR DOST £5.00 
FFA PÔB CARTREF AR DOST.
+ **CHORIZO £2** | + **CAWS CYMREIG £1**

I'R PLANT AR GAEL 10YB - 2YP

BRECWAST BACH £4.50
BACWN, SELSIG, WY WEDI'I FFRIO, TOST.

WY AR DOST £2.50 
WY WEDI'I FFRIO AR DOST.

PANCOS £3.00 
2 BANCOSEN CRWST GYDA MÊL BAE ABERTEIFI.

SIARADWCH AG AELOD O'R TIM AM UNRHYW ANGHENION DEIETEGOL ARBENNIG. RYDYM YN DEFNYDDIO CYNHWYSION HEB GLWTEN I WNEUD EIN BARA HEB GLWTEN, OND GALL GYNNWYS MYMRYN O GLWTEN GAN EIN BOD YN GWEITHIO GYDA GLWTEN BOB DYDD MEWN LLE CYFYNG.