

EARLY START FROM 8.30AM - 2PM

TOAST £3.00 V
TOAST, WELSH BUTTER,
HOMEMADE JAM.

CRWST GRANOLA £4.50 V
LLAETH Y LLAN YOGHURT,
BERRY COMPOTE, CARDIGAN BAY HONEY.

BRIOCHE £3.50 V
TOASTED BRIOCHE, HOMEMADE
CHOCOLATE & PRALINE SPREAD.

PASTRIES V
DAILY SELECTION OF HOMEMADE
PASTRIES AVAILABLE AT THE COUNTER.

BRUNCH 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

AVOCADO £6.50 VG
SMASHED ON TOAST, SLOW ROASTED CHERRY TOMATOS,
SRIRACHA, CORIANDER TOASTED SEEDS.
+ CHORIZO £2 | + FETA £1 | + POACHED EGG £1

FULL BREKKIE £7.50
LOCAL BUTCHERS BACON & SAUSAGE, HOMEMADE BEANS,
ROASTED VINE TOMATOS, MUSHROOM, FRIED EGG, TOAST.
+ BLACK PUDDING £1

VEGAN BREKKIE £6.50 VG
CRWST HASHBROWN, AVOCADO, HOMEMADE BEANS,
ROASTED VINE TOMATOS, MUSHROOMS, TOAST.
+ FRIED EGG £1

EGGS ON TOAST £4.00 V
FREE RANGE EGGS ON TOAST YOUR WAY!

SOUP OF THE DAY £5

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

WELSH RAREBIT £6.50 V
CLASSIC RAREBIT MADE WITH WELSH CHEDDAR AND
LOCAL ALE ON TOAST, PICKLED RED CABBAGE.

SMOKED SALMON PLATTER £8.00
SWANSEA FISH SMOKED SALMON, SCANDINAVIAN RYE BREAD,
PICKLED CUCUMBER, AVOCADO, TOASTED SEEDS.
+ 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 | + FRIED EGG £1

BENEDICTS

EGGS ROYALE £8.50
SWANSEA FISH SMOKED SALMON, TOASTED
BREAD, POACHED EGGS, HOLLANDAISE.

CRWST BENEDICT £8.00
TEIFI VALLEY PORK SLOW COOKED IN HP SAUCE FOR 18
HOURS, TOASTED BREAD, POACHED EGGS, HOLLANDAISE.

EGGS FLORENTINE £7.50 V
MUSHROOMS & KALE, TOASTED BREAD,
POACHED EGGS, HOLLANDAISE.

JUST FOR CHILDREN FROM 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 V
TOST CRWST, MENYN,
JAM CARTREF.

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

BRIOCHE £3.50 V
BRIOCHE WEDI'I DOSTIO,
MENYN SIOCLED A PRALINE.

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

BRUNCH AR GAEL 10YB - 2YP

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

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

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

BRECWAST FIGAN £6.50 VB
HASHBROWN CRWST, AFOCADO, FFA PÔB CARTREF, TOMATOS WEDI'U
RHOSTIO, MADARCH, TOST
+ WY WEDI'I FFRIO £1

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

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

RAREBIT CYMREIG £6.50 V
RAREBIT TRADDODIADOL WEDI'I WNEUD GYDA CHAWS CRYF CYMRAEG
A TABLEN LLEOL, CABETSEN COCH WEDI'I BICLO

PLATTER EOG MWG £8.00
EOG MWG 'SWANSEA FISH', BARA RHYG SGANDINAFIDD,
CIWCYMBR WEDI'I BICLO, AFOCADO, HADAI WEDI'U DOSTIO
+ WY WEDI'I BOTSIO £1

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

FFA PÔB CRWST AR DOST £5.00 VB
FFA PÔB CARTREF AR DOST.
+ CHORIZO £2 | + CAWS CYMREIG £1 | + WY WEDI'I FFRIO £1

BENEDICTS

WYAU ROYALE £8.50
EOG MWG 'SWANSEA FISH', BARA WEDI'U
DOSTIO, WYAU WEDI'U POTSIO,
SAWS HOLLANDAISE.

BENEDICT CRWST £8.00
PORC CWM TEIFI WEDI'I GOGINIO'N ARAF MEWN
SAWS HP AM 18 AWR, BARA WEDI'U DOSTIO, WYAU
WEDI'U POTSIO, SAWS HOLLANDAISE.

WYAU FLORENTINE £7.50 V
MADARCH & KALE, BARA WEDI'U DOSTIO,
WYAU WEDI'U POTSIO,
SAWS HOLLANDAISE.

I'R PLANT AR GAEL 10YB - 2YP

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

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

PANCOS £3.00 V
2 BANCOSEN CRWST GYDA MÊL BAE ABERTEIFI.

RHAID NODI OS GWELWCH YN DDA FOD HOLL FWYDYDD CRWST YN CAEL EU PARATOI MEWN CEGIN SYDD HEFYD YN DEFNYDDIO CNAU, SOY, GLWTEN,
LLAETH A HADAU SESAME. SIARADWCH AG AELOD O'R TIM AM UNRHYW ANGHENION DEIETEGOL ARBENNIG.