



4/5 JAMES STREET  
(ABOVE SUSSED)  
PORTHCAWL

OPEN SATURDAY  
NOV 19<sup>th</sup> 10.30 am– 4pm  
Morning coffees, lunches, afternoon teas

FRESHLY MADE GOODIES – made with organic flour, fresh and Fairtrade ingredients where possible. [SAMPLE MENU.....](#)

#### SAVOURIES

LENTIL + CUMIN SOUP with HOMEMADE BREAD	£3.25
SPICY POTATO SOUP with CRUSTY BREAD	£3.25
LEEK + POTATO SOUP with HOMEMADE BREAD	£3.25
PENNE A-LA CHILLIED POMODORO & Winter salads	£5.25
LEEK, BACON AND GOATS CHEESE QUICHE –with Winter salads, bread	£5.25
SPINACH LASAGNE, salads, bread	£5.25
<b>PLOUGHMAN'S LUNCH</b> – (selection cheese, chutney and homemade bread)	£4.95

#### CAKE AND SWEETS

GLUTEN-FREE BROWNIES	£1.25
BANANA CAKE	£1.25
LEMON DRIZZLE	£1.25
BUTTERED BARA BRITH	£1.50
CHOCOLATE	£1.50
GATEAU	£2.25

#### FAIRTRADE DRINKS

TEAS (includes also Earl Grey and fruit or herb teas)	£1.50
COFFEE - Instant	£1.50
GROUND COFFEE	£1.75
HOT CHOCOLATE	£1.50
CHILLED drinks	
UBUNTU COLA (Fairtrade Cola)	£1.00
ORANGE JUICE SPRITZER	£1.00
APPLE SPRINTER	£1.00
ELDERFLOWER spritzer	£1.00