

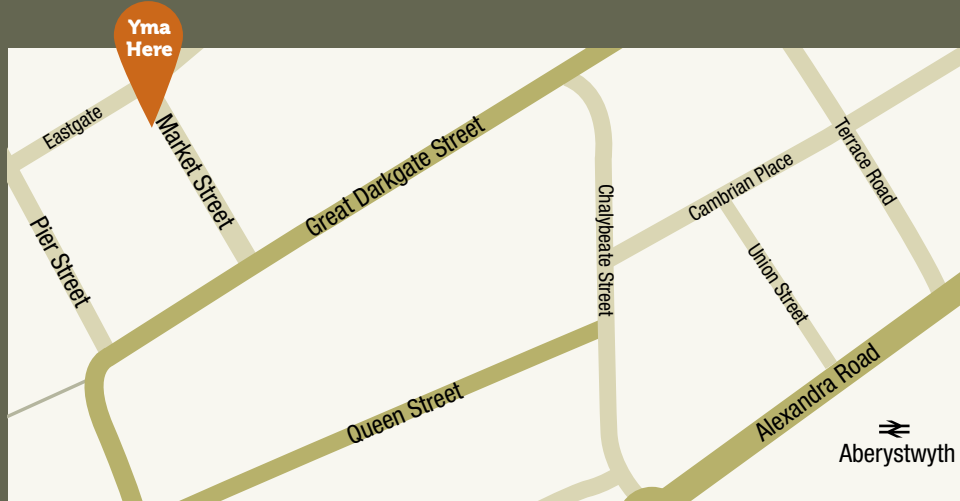


Bwyd ffres â dylanwad ardal Môr y Canoldir, ar gael drwy'r dydd

Ar agor ar gyfer brechwast, cinio a swper gyda gwasanaethau caffï ar gael trwy gydol yr amser. Prydau blasus i'w bwyta i mewn neu eu cymryd allan. Cacennau a phwдинаu cartref hyfryd. Bara surdoes arbennig wedi ei bobî'n ffres ar y safle bob dydd. Amrywiaeth eang o fwydydd, ffrwythau, llysiau, cwrwau a gwinoedd ar gael yn ein siop.

Fresh Mediterranean influenced food served all day

Open for breakfast, lunch and dinner with cafe services available throughout. Delicious dishes to eat in or take away. Beautiful homemade cakes and desserts. Fantastic sourdough bread baked fresh on the premises daily. Great range of fruit, vegetables, beers, wines and groceries available in our shop.



Oriau agor / Opening hours:

Llun-Gwener / Monday-Friday 9:30am – 8:30pm

Sadwrn / Saturday 9:30am – 9:30pm

Sul ar gau / Sunday closed



medina

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Bwyd i fynd Take away menu

Ar gael o / Available from 4:30pm

01970 358300



Nibbles

Mixed Olives ●●	£3.50
Salted Pistachios ●●	£3.50
Spiced Cashews ●●	£3.50
Pickled Vegetables ●●	£2.50
Focaccia ●	£3
Pitta/Flatbread ●	£1.50
Za'atar & garlic flatbread ●	£3
Selection of breads with olive oil & dukka ●	£4.50
Nibbles Plate	£5.50
Mixed olives, salted pistachios, spiced cashews ●●	



Salads

Small	£5
Large	£6.50

Salads are subject to change – please check when ordering for the day's offering and specials.

Kale, butternut squash, cranberries, almonds, confit shallots, lime ●●

Pilaf rice, egg vermicelli, cashew nuts, za'atar

Red cabbage, white cabbage, carrot, apple, lime dressing ●●

Char-grilled aubergine, feta, za'atar pomegranate, pine nuts, parsley ●

Dips/Mezze

Hummus and pitta ●	£4
Beetroot Hummus and pitta ●	£4
Whipped Feta and pitta	£4
Zacusca and pitta ●	£4
Aubergine Chermouli and pitta ●	£4
Mezze Plate	£10.50
Hummus, whipped feta, zacusca, chermouli, pickled vegetables, mixed olives, pitta	
Falafel, tahini yoghurt, chilli jam ●	£6
Cumin fried whitebait lemon	£6
& garlic mayo ●	
Charred cauliflower, Harissa honey, tahini, almond, preserved lemon ●	£6
Grilled Halloumi, honey, za'atar ●	£6

Stove

Lamb Meatballs, shredded lamb shank, sweet potato mash, caper & green herb dressing	£13.50
7 King prawns, sumac, coriander, lemon & garlic ●	£10
Red lentil & butternut squash stew, yoghurt, fresh coriander, smoked paprika, green harissa ●	£8
Soup of the day, bread	£5

Oven

Courgette Kofta, roasted tomato sauce ●●	£7
Man'ousheh – Chestnut mushrooms, halloumi, flatbread, garlic & white truffle oil, za'atar, pea cress	£8
Borek – filo pastry, spinach, feta, pine nuts, roasted red pepper & tomato sauce	£6

Fried

Salmon & smoked haddock fishcakes tartare sauce	£8.50
Cumin potatoes ●●	£3

Grill

Ras el Hanout chicken, pomegranate, rocket, mint yoghurt, pomegranate molasses, flatbread	£8.50
Lamb kofta, mint yoghurt	£8
Za'atar crusted pork rib steak, char-grilled lemon ●	£8

Desserts

Baklava selection	£4
Baked vanilla cheesecake, chocolate & cardamom sauce, salted almonds	£5.50
Yoghurt pannacotta, blackberries, honeycomb, toasted almonds ●	£5.50
Apple & plum crumble, cream	£5.50
Apple cake	£2.75
Dark chocolate mousse cake ●	£2.75
Blueberry & lemon tart	£2.75
Baked vanilla cheesecake	£3.25
Vegan carrot cake	£2.75
Turkish delight – 6 piece selection	£3

Salad box meal deals

Small box	£6.60
Large box	£8.40
Salad box with any of the following added in:	
Ras el hanout chicken, mint yoghurt	
Lamb kofta, mint yoghurt	
Salmon & smoked haddock fishcake, tartare sauce	
Cumin fried whitebait, lemon mayo	
Falafel, chilli jam	
Grilled halloumi	



Please inform us when ordering if you have any food allergies/intolerances. All our dishes may contain traces of nuts.

You can check our food hygiene rating by visiting www.food.gov.uk/ratings or by asking a member of staff.