

caban

Our mission at Caban is to provide a dynamic hub in the heart of our community, working with partners to improve the quality of life for all. We place real emphasis on working with trusted, local suppliers. We choose ethically sourced, locally roasted coffee and are proud to work with our local traditional family butcher in Caernarfon. We are really lucky to have a kitchen garden that contributes fruit, herbs, tomatoes, garlic and greens, enabling us to create vibrant and seasonal food with a true local flavour.

LUNCH 12-3.30pm

DAILY BLACKBOARD - Vibrant seasonal specials served with a trio of daily salads or Caban Classic chips. Please use the **QR code** to see our virtual blackboard

VEGAN	£8.45
VEGETARIAN.....	£9.45
MEAT	£10.45

SNACKS & SIDES

NACHOS (ngci).....£5.50
With Welsh cheddar, sour cream, house pickled jalapeños

CABAN CHIPS (ngci)
A bowl of chunky chips with a ramekin of ketchup
~ **CABAN CLASSIC** (vg).....£3.75
Seasoned with paprika, garlic, herbs & sea salt
~ **CABAN CLASSIC WITH CHEESE** (v).....£5.50
~ **PLAIN** (vg).....£3.50
~ **PLAIN WITH CHEESE** (v).....£5.25

HUMMUS.....£5.50
Caban hummus with za'atar, 2 wholemeal pitta and dressed salad leaves (vg)

VEGAN SALAD BOWL.....£5.95
Daily changing blackboard trio of salads, topped with house pickles (vg)

KIDS PASTA BOWL.....£4.95
Wholemeal pasta, homemade tomato sauce, Welsh Cheddar

WARM CRUSTY ROLL & WELSH BUTTER *.....£1.90

BREAKFAST 9-11.30am

CABAN BREAKFAST STACKS

on a crusty buttered roll * with a fruit smoothie shot

- ~ Traditional Pork Sausages
- ~ Smoked Back Bacon
- ~ Herbed Roast Vine Tomato (vg)
- ~ Vegan Pesto Portobello Mushroom
- ~ Hash Browns (vg, ngci)
- ~ Avocado

2 FILLINGS.....£6.75

4 FILLINGS.....£8.25

6 FILLINGS.....£9.75

* Please ask for ngci roll / vegan spread

CAKES & BAKES

We all deserve an occasional treat or two! Just relax and enjoy a slice of Caban's classics, or be a little adventurous and choose one of the team's latest cake creations.

See the cake display or use the **QR code** to see our virtual blackboard for inspiration!

FOOD ALLERGENS & INTOLERANCES

When you are ordering your food & drinks please inform our staff about any food allergies or special dietary requirements you may have. We can usually find alternative options.

ngci - Non-Gluten-Containing-Ingredients
v - Vegetarian | vg - Vegan



Caban virtual blackboard & cake display



COFFEE

Please ask for our guest or decaffeinated coffee and oat/almond milk alternatives

ESPRESSO.....£2.50
Unadulterated, straight from the Black Eagle

AMERICANO.....£2.90
Longer drink in our big cups for a mellow coffee

SHORT BLACK.....£2.70
The little brother of the Americano. Shorter & punchier

CAPPUCCINO
The foam capped classic.....£3.00

LATTE.....£3.00
Mellow, milky and long

FLAT WHITE.....£2.90
Fuller flavoured and shorter than the latte

CORTADO.....£2.80
Espresso cut with micro-foamed milk - cute but punchy

MACCHIATO.....£2.80
Espresso with a flourish of foamed milk

MOCHA.....£4.50
Hot chocolate with a double shot of espresso, dusted with chocolate powder

ICED LATTE.....£3.00
Milky double shot poured over ice

FLAVOURED SYRUPS Add to your favourite drink.....£0.80
Caramel ~ Cinnamon ~ Vanilla ~ Gingerbread

HOT CHOCOLATE.....£3.00

SOFT DRINKS

Fentimans.....£2.85
Cola ~ Ginger Beer ~ Victorian Lemonade ~ Elderflower, Dandelion & Burdock ~ Mandarin & Seville Orange

Belvoir Organic Cordial.....£2.00
Raspberry & Lemon ~ Honey Lemon & Ginger ~ Blueberry & Blackcurrant ~ Elderflower & Rose ~ Strawberry & Mint

Decantae Water.....£1.80
Still or Sparkling

MILK
Glass.....£2.00
Daioni Organic Shake.....£2.55
Chocolate ~ Strawberry ~ Banana

FRUIT JUICE - Glass of Apple or Orange.....£2.50

TEA

High quality loose leaf teas from our local supplier

POT OF LOOSE LEAF TEA.....£2.90

Choose from:

~ **Breakfast Tea**, tasty blend of refreshing Ceylon & Assam

~ **Earl Grey Blue Lady**, black tea with Italia, bergamot, blue cornflower, marigold & rose petals.

~ **Gunpowder Green**, thankfully not explosive but a full, flavoursome green tea

~ **Peppermint Liquorice**, a subtle twist on the classic infusion. Great for the digestive system

~ **Blood Orange**, the fruity one. Real chunks of dried fruit in this citrus tisane.

~ **Lemon & Ginger**, refreshing infusion with detoxifying properties

~ **Vanilla & Rooibos**, caffeine free reddish with vanilla. A flavoursome brew with or without milk

~ **Camomile Rose & Lavender**, beautifully blended calming tisane

~ **Spiced Chai Tea**, black tea & dry spices. A flavoursome cup with spicy warmth. Milk optional

~ **Ceylon Orange Pekoe**, Light, fresh & decaffeinated

ALCOHOL FREE BEER

Drop Bear Beer Co.

Swansea based multi award winning brewer creating vegan friendly, gluten free, alcohol free, craft beer

Tropical IPA.....£3.95
Tropical hops bursts through the roasted coffee and dark chocolate with passion fruit, stone fruit, & citrus.

New World Lager.....£3.95
Inspired by new world hop varieties from the Southern Hemisphere, Drop Bear's first alcohol free lager is a punchy IPL (India Pale Lager).

Yuzu Pale Ale.....£3.95
Easy drinking pale ale dry hopped with refreshing floral and grapefruit hop flavours with a splash of yuzu

Bonfire Stout.....£3.95
Complex notes of roasted coffee and smoked malt with hints of dark chocolate.

BEER

Wild Horse Brewing Company

Named after the wild horses of the Carneddau mountains, this small craft brewery located in Llandudno produces some very special beers. Along side this core range, we stock a selection of limited run seasonal beers. Please ask for details.

Buckskin Lager 440ml (4.5% ABV).....£3.95
Wild Horse's core pilsner-style lager, brewed with Czech hops. Crisp, floral and refreshing.

Nokota, 440ml (3.8% ABV).....£4.45
Hazy session IPA, brewed with vibrant American hops. Fruity, balanced and moreish.

CIDER

Pant Du Cider, 500ml, Dry/Med Dry (5.2% ABV).....£4.45
Pant Du Vineyard and Orchard is located on the slopes of the Nantlle Valley. Lightly sparkling, smooth on the palate and easy to drink.

SPIRITS & LIQUEURS

WELSH GIN

All spirits sold in 25ml. Double up for an extra £2.00

Blue Slate Gin (42% ABV).....£3.95

Da Mhile (42% ABV).....£3.95

Merywen Gin (40% ABV).....£3.95

Pollination Gin (45% ABV).....£3.95

WELSH SPIRITS

Barti Spiced Rum (35% ABV).....£3.75

Penderyn Whiskey (41% ABV).....£4.75

Five Vodka (43% ABV).....£4.75

MIXERS

LLANLLYR SOURCE MIXERS

Tonic Water / Lemonade.....£2.00

HOUSE WINES - 187ml.....£4.65

Sauvignon Blanc (12.5%) ~ Merlot (13%) ~ Rosé (12%)

Please ask for details about our 75cl bottles of wine