

# BREAKFAST

## EGGS & GREENS

**Harissa braised free range eggs & seasonal greens topped with yoghurt, crumbled feta & a herb dressing** NGCI V 8.5

- add a slice of sourdough toast (Contains Gluten) with Welsh butter for 1.00

## EGGS & SAUSAGE HASH

**Harissa braised free range eggs, OG Owen's pork sausage & potato hash with house hot sauce** 9

- add a slice of sourdough toast (Contains Gluten) with Welsh butter for 1.00

## THE SAVOURY ONE

**Sourdough toast topped with creamy coconut smashed peas, toasted seeds & house hot sauce** VGN (NGCI option available) Contains sesame 7.5

## THE SWEET ONE

**Sourdough toast topped with ricotta, cherry compote & tahini drizzle** V 7.5  
(NGCI option available) Contains sesame

## GRANOLA BOWL

**House maple, almond, cashew & organic oat granola, greek yoghurt & cherry compote** V NGCI (VGN option available) Contains nuts 7

## TOAST & BUTTER

**Sourdough toast with Welsh butter** 3

NGCI/VGN options available

- Add jam 1
- Add beans for the little folk 2

# LUNCH

Lunch served Wed to Sun 12 - 3:30pm

## SMALL PLATES

Please see our blackboard for daily small plates

<b>Meat</b>	9	<b>Fresh Salad</b>	3.5
<b>Vegetarian</b>	8.5	<b>Roast Salad</b>	3.5
<b>Vegan</b>	8.5	<b>Grain Salad</b>	3.5

## SIDES

<b>Daily salad trio bowl</b>	8.5
VGN (NGCI option available)	
<b>Chips</b> - seasoned with paprika, garlic & oregano (ask for plain if preferred) NGCI V/VGN	
-Large	4.5
-Small	3.5
-Add melted cheddar cheese	2.5
<b>Leaves &amp; house dressing</b>	3
NGCI VGN	
<b>Sourdough roll &amp; Welsh butter</b>	3.5
(NGCI VGN options available)	
<b>House hummus portion</b> Contains sesame	2.5
VGN NGCI	
<b>House pickle portion</b>	2.5
VGN NGCI	
<b>House hummus, pitta, pickle plate</b> Contains sesame	6.5
VGN (NGCI option available)	

## FOR THE LITTLE FOLK

<b>Small plain chips / pitta</b>	5
NGCI V/VGN options available	
<ul style="list-style-type: none"><li>• Organic baked beans</li><li>• Welsh cheddar cheese</li><li>• House hummus Contains sesame</li></ul>	

# DRINKS

## COFFEE

Caban's exclusive house blend from Poblado Coffi of Nantlle-ask for todays guest

<b>Espresso</b>	2.80
<b>Americano</b>	3.30
<b>Short Black</b>	3.15
<b>Cappuccino</b>	3.65
<b>Latte</b>	3.65
<b>Flat White</b>	3.65
<b>Cortado</b>	3.25
<b>Macchiato</b>	3.25
<b>Split Shot</b>	3.80
<b>Batch Filter</b>	3.30
<b>Mocha</b>	4.90
<b>Chai Latte</b>	3.70
<b>Dirty Chai Latte</b>	4.70
<b>Iced Latte</b>	4.00
<b>Hot Chocolate</b>	3.70
<b>Coffee Syrups</b> - Caramel - Vanilla - Hazelnut	0.80
<b>Please ask for Plant Milk</b> - Almond or Oat	

## TEA

<b>Pot of loose leaf tea</b>	3.50
<ul style="list-style-type: none"><li>• Breakfast Tea</li><li>• Earl Grey Blue Lady</li><li>• Gunpowder Green</li><li>• Peppermint &amp; Liquorice</li><li>• Blood Orange</li><li>• Lemongrass &amp; Ginger</li><li>• Vanilla &amp; Rooibos</li><li>• Camomile Rose &amp; Lavender</li><li>• Spiced Chai Tea</li><li>• Decaf Ceylon</li></ul>	

# DRINKS

## SOFT DRINKS

<b>Karma Organic</b>	3.25
<ul style="list-style-type: none"><li>• Cola</li><li>• Orange</li><li>• Raspberry</li><li>• Lemon</li><li>• Ginger Ale</li></ul>	
<b>Belvoir Organic Cordial</b>	2.60
<ul style="list-style-type: none"><li>• Raspberry &amp; Lemon</li><li>• Honey, Lemon &amp; Ginger</li><li>• Blueberry &amp; Blackcurrant</li><li>• Elderflower &amp; Rose</li><li>• Lemon &amp; Mint</li></ul>	
<b>TAU Spring Water</b> Still / Sparkling	2.35
<b>Milk</b>	
<ul style="list-style-type: none"><li>• Glass of Milk</li><li>• Oatly Chocolate Milk (carton)</li></ul>	2.30 2.00
<b>Cawston Press Organic Fruit Juice</b>	glass 2.95 / carton 2.00
<ul style="list-style-type: none"><li>• Glass of Orange</li><li>• Glass of Apple</li><li>• Apple &amp; Summer Berries (carton)</li><li>• Apple &amp; Mango (carton)</li></ul>	

## BEER & CIDER

<b>Wildhorse Buckskin Larger</b> 440ml 4.5%abv	4.80
<b>Wildhorse Nokota IPA</b> 440ml 3.8%abv	5.00
<b>Pant Du Cider Dry / Medium</b> 500ml 5.2%abv	5.00

## HOUSE WINES

<b>Sauvignon Blanc</b> 187ml 12.5%abv	5.40
<b>Merlot</b> 187ml 13%abv	5.40
<b>Rose</b> 187ml 12%abv	5.40

## ALCOHOL FREE BEER

<b>Drop Bear Beer Tropical IPA</b>	4.70
<b>Drop Bear Beer Bonfire Stout</b>	4.70

### **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 CIC do not add a service charge to your bill. 100% of any tip you choose to leave is distributed amongst the staff according to their wishes.



### **Caban virtual blackboard & cake display**

### **CARD PAYMENT ONLY**



Caban is a Community Interest Company, we are a cherished community hub for locals and visitors alike, offering a space to meet, create, work, and relax. We provide a dynamic hub in the heart of our community, working with partners to improve the quality of life for all. In the cafe 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.