

Caffi Caban is proud to use high quality ingredients from a range of local and Welsh suppliers:

Our eggs are all Free Range from Cae pant in Bala .

We source our pork and leek sausages and treacle cured bacon from Anglesey Fine Foods  
We also use family butchers Wavells Llanrug for more high quality welsh meat across our menu  
and specials board

We seasonally use veg from Tyddyn Teg Cooperative in Bethel, and we are lucky to have a kitchen  
garden here for fruits, herbs, salad leaves, onions and garlic.

We use Llaeth Y Llan yogurt, Welsh butter from Shirgar, Welsh Milk and Welsh Cheddar

We make our granola and baked beans from scratch with high quality, organic ingredients from  
Suma cooperative

### **MYNYDD BREAKFAST 16**

2 poached free range eggs, 2 local pork and leek sausages, 2 treacle bacon, confit garlic portobello mushroom, house beans, 2 hash browns, 2 slices toast + welsh butter (NGCI available) (c. gluten, sulphites, milk, egg)

### **BRYN BREAKFAST 9.75**

1 poached Free range egg, 1 local pork and leek sausage, 1 treacle bacon, confit garlic portobello mushroom, house beans, 1 hash brown, 1 slice toast + Welsh butter (NGCI available) (c. gluten, sulphites, milk, egg)

### **VEGGIE BREAKFAST 9.75**

1 Poached free range egg, grilled halloumi, confit garlic portobello mushroom, house beans, spinach, hash brown , slice of toast + welsh butter (NGCI Available) V (c. gluten, sulphites, milk, egg)

### **VEGAN BREAKFAST 9.5**

'Black bean pudding', organic tofu bacon, confit garlic portobello mushroom, house beans, hash brown, spinach, toast + vegan spread (NGCI available) VGN (c. gluten, soya, celery, sulphites)

### **BEANS ON TOAST 5.5**

Slowcooked organic haricot beans in a rich sauce made from organic Italian tomatoes on buttered sourdough toast V (VGN avail.) (c. sulphites, gluten, milk)

### **TOAST + BUTTER 3.5**

2 slices of sourdough toast and Welsh butter (VGN/NGCI available) (c. gluten, milk)

#### **Add Jam + 1**

Strawberry, blackcurrant, Marmalade, Honey, Apricot

### **TURKISH EGGS 9.5**

2 poached free range eggs, confit garlic infused Welsh yoghurt, wilted spinach, za'atar and chilli oil, slice of toast + welsh butter V (c. gluten, sesame, milk, soya, egg)

### **GRANOLA BOWL 7.5**

Homemade granola - made with organic oats, goji berries, coconut, almond, maple syrup and sesame. Served with fruit compote, and Welsh yogurt or vegan yogurt (NGCI)(VGN avail.) (c. nuts, sesame, milk)

### **BANANA BREAD 9**

Chunky slice of toasted homemade banana and sultana bread - served with creme fraiche, pecans, fruit compote and date syrup V (NGCI Available) (c. gluten, nuts, milk, egg)

## BREAKFAST EXTRAS

1 free range poached egg 1.25

Spinach with onion and confit garlic 1.2

2 Hash brown 2

Pot of house beans 1.5

1 rasher of treacle bacon 1.7

1 pork and leek sausage 1.5

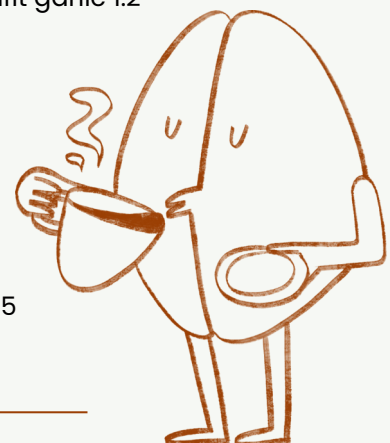
1 NGCI Pork sausage 1.5

Tofu Bacon 1.5

1 grilled halloumi 1.5

Portobello mushroom 1.2

VGN 'Black Bean Pudding' 2.5  
(c. soya, celery)



V Veggie // VGN Vegan // NGCI Non gluten containing ingredients

Please let a member of staff know of any allergies and intolerances before you order

A lot of our food may contain sulphites (from vinegar), please talk to a member of staff for more info

Caffi Caban is proud to use high quality ingredients from a range of local and Welsh suppliers;

We seasonally use veg from Tyddyn Teg in Bethel, and all of our high quality welsh meats are from Anglesey Fine Foods and OGO's family butchers. We only use Welsh free range Eggs, Welsh milk, yogurt and butter.

Some foods have travelled even less, as we have a kitchen garden here on site to grow produce such as herbs, fruits and berries, salad, onions and garlic.

We always favour organic, high quality and ethically sourced produce.

## Please see cafe blackboard for our specials menu

### WINTER MEZZE PLATE 13

Lemon + herb hummus, salt baked beetroot + celeriac, carrot + parsnip fritters, toasted walnuts, pickles, leaves and bread. VGN (c. sesame, mustard, sulphites, nuts, gluten) (NGCI Avail.)

**Add 2 grilled halloumi +3**

### WELSH RAREBIT 11

Local stout Welsh rarebit on sourdough toast, made with welsh cheddar. Served w/ house chutney, leaves and pickles.

(c. Gluten, milk, fish, mustard, sulphites)

**Add Fried FR egg +1.25**

**Add Maple Bacon +1.7**

### GARBONZADA 12

Hearty Canarian stew - of pork belly, Wavells chorizo, maple cured bacon, chickpeas, red pepper and onion. served with mojo rojo sauce, bread and Welsh butter

(NGCI/DF Available) (c. sulphites, gluten, milk)

### SOUP OF THE DAY 7.5

**See blackboard for todays soup VGN**

served with warm bread and welsh butter (VGN/NGCI available) See board for allergens

## FILLED BAGUETTES

Rustic Baguette, served with a side salad

### BBQ PORK BELLY 13

Slow cooked BBQ pork belly, confit garlic aioli, house pickles and Southwest slaw

(c. Gluten sulphites, mustard, milk)

**Add chips +2.5**

### WINTER VEG + HUMMUS 11

Salt baked beetroot and celeriac, with lemon and herb hummus, leaves, house pickles and confit garlic aioli VGN

(c. sulphites, mustard, sesame)

**Add chips +2.5**

## ALL DAY BREAKFAST

### BRYN BREAKFAST 9.75

1 poached free range egg, 1 local pork and leek sausage, 1 dry aged treacle bacon, confit garlic portobello mushroom, house beans, 1 hash brown, slice of toast + Welsh butter (NGCI available)(c. gluten, milk, egg, sulphites)

### VEGGIE BREAKFAST 9.75

1 poached free range eggs, grilled halloumi, confit garlic portobello mushroom, spinach, house beans, 1 hash brown, slice of toast + welsh butter (NGCI Available) V (c. gluten, sulphites, milk, egg)

### VEGAN BREAKFAST 9.5

'Black bean pudding', Tofu bacon, confit garlic portobello mushroom, spinach, house beans, 1 hash brown, slice of toast + vegan spread (NGCI available) VGN (c. soya, gluten, sulphites, sesame)

## SIDES

### POT OF HOUSE HUMMUS 3.5

Homemade with organic chickpeas VGN/NGCI (c. sesame, see **blackboard** for more allergens)

**Add sliced Baguette +3**

### POT OF HOUSE PICKLES 2.5

selection of pickled veg VGN/NGCI (c. mustard, sulphites)

### BOWL OF HAND CUT CHIPS 4

with flakey Maldon Cornish sea salt VGN NGCI

### BUILD YOUR OWN LOADED CHIPS

Add as many toppings as you'd like to pimp up your chips

**Add cheddar cheese +2**

**Add Slaw +2**

**Add beans +1.5** (c. sulphates)

**Add aioli +1**

**Add bacon +2**

**Add house pickles +1.5**

(c. sulphates, mustard)



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# caban

Cakes and drinks served until 4pm daily

Caban's house espresso is an exclusive blend from Poblado Coffi roasters in Nantlle - please ask for today's guest espresso & batch filter, or if you would like it decaf. All of our coffees are made with a double espresso.

<b>Double Espresso</b>	3
<b>Americano</b>	3.65
<b>Flat White</b>	3.8
<b>Cortado</b>	3.60
<b>Short Black</b>	3.5
<b>Macchiato</b>	3.5
<b>Cappuccino</b>	3.95
<b>Latte</b>	3.95
<b>Split Shot</b>	3.8
<b>Batch Filter</b>	3.65
<b>Mocha</b>	5
<b>Chai Latte</b>	3.95
<b>Dirty Chai Latte</b>	4.95
<b>Iced Latte</b>	3.95
<b>Hot Chocolate</b>	4
<b>Kids hot Chocolate</b>	3
<b>Add cream +80p</b>	

**Add coffee syrups +60p**  
(vanilla, caramel, hazelnut or ask which seasonal ones we have on)

**Plant Based milks, no charge**  
Oat or Almond

## TEA

<b>A pot of looseleaf tea</b>	3.55
<b>Breakfast tea</b>	
<b>Decaf</b>	
<b>Earl Grey Blue Lady</b>	
<b>Spiced chai</b>	
<b>Vanilla Rooibos</b>	
<b>Lemongrass + ginger</b>	
<b>Chamomile, Rose, lavender</b>	
<b>Peppermint and liquorice</b>	
<b>Cherry blossom Green tea</b>	
<b>Blood Orange</b>	

We do not add a service charge - If you wish to leave a gratuity, this can be added to your final bill by card. 100% of all tips go directly to the hardworking team who have looked after you during your visit.

## SOFT DRINKS

<b>Karma Organic Sodas</b> 3.25	
Cola	
Orangeade	
Raspberry lemonade	
lemonade	
Ginger ale	
<b>Belvoir Organic Cordial</b> 2.7	
Raspberry & Lemon	
Honey, Lemon & Ginger	
Blueberry & Blackcurrant	
Elderflower & Rose	
No added sugar Lemon & Lime	
<b>Glass of Milk</b> 2	
<b>Organic Kombucha</b> 3.25	
Lychee + lemongrass	
Peach + Turmeric	
Elderflower +lemon	
Raspberry + strawberry	
Ginger	
<b>Cawston Press Organic fruit juice</b> 3.3	
Cloudy apple	
Smooth Orange	
<b>Bottled Spring Water</b> 2.5	
Still or Sparkling	

## BAR

### Local beer + cider

<b>Wildhorse Buckskin Lager</b> 4.8	
440ml 4.5%abv	
<b>Wildhorse Nokota Session IPA</b> 5	
440ml 3.8%abv	
<b>Wildhorse Stout</b> 5	
440ml 4.2% abv	
<b>Pant Du Cider Dry / Medium</b> 5	
500ml 5.2%abv	
<b>Provincia di Pavia Italian Wines</b> 7	
<b>Italia Pinot Nero</b>	
<b>Italia Pinot Grigio</b>	
<b>Italia Pinot Grigio Rose</b>	
250ml cans 12.5%	

### Bar Snacks

<b>Jones o Gymru Handcooked crisps</b> 1.5	
Various flavours	
<b>Bowl of marinated olives</b> 3.5	
Garlic, Chilli & herbs de provence	

Ask your server which other seasonal Wild Horse beers we have on this month



## CAKES

Please take a look at our cake cabinet for today's selection of handmade cakes, there is always something for everyone's taste! We use almost all organic ingredients in our cakes, and free ranged eggs (NGCI/VGN options)

## ABOUT CABAN

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, and always favouring organic ingredients where we can. We choose ethically sourced, locally roasted coffee and are proud to work with local breweries, butchers and bakeries. 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.