

BREAKFAST

Available Until 11:45am

EGGS SHAKSHOUKA (v)	£6.50
North African baked eggs with harissa spiced tomato sauce, topped with sumac & served with sourdough	
CABAN'S WELSH RAREBIT (v)	£6.50
Chef's traditional rarebit with spring onions, on sourdough with sautéed mushroom	
FACHWEN BREAKFAST	£7.00
Avocado, poached eggs, hash browns and crispy bacon OR veggie sausage (v), with toast	
QUARRYMAN'S BREAKFAST (v)	£8.20
Caban's healthier big breakfast, with a free-range poached egg, sautéed field mushrooms, wilted spinach, grilled tomato, halloumi and sourdough toast.	
BUILDER'S BREAKFAST	
Build your own, choose from:	
Sausage - Veggie Sausage (vg)	
Bacon - Grilled Tomato - Beans	
Fried Egg - Poached Egg - Avocado	
Halloumi (v) - Field Mushrooms	
Wilted Spinach - 2 Hash Browns (vg)	
- 2 Items with toast	£4.20
- 5 Items with toast	£8.00
BREAKFAST SIDES	
Toast & Preserves	£2.65
Toasted Sourdough	£1.85
Croissant with Preserves with a Glass Of Fruit Juice	£4.10
Fluffy Pancakes Maple Syrup	£3.95
- with 3 slices of Bacon	£6.50
Homemade Granola over Yoghurt and Fruit	£5.00



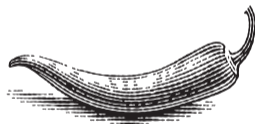
LOADED SMALL PLATES WITH PITTA BREAD

Served with harrissa yogurt dressing, tomato salad & seriously good nutty dukka

BOMBAY POTATO AND SPICED CHICKPEA (vg)	£7.95
We've transformed the humble potato for this indian-spiced, mustard seed bursting delight (vegan without yogurt)	
CHICKEN SCHWARMA	£8.95
Our top secret Lebanese-spiced infused chicken	
SPICY FALAFELS (vg)	£7.50
Bursting with chickpeas, crispy and delicious (vegan without yogurt)	

WORLD CURRY BOWLS & SIDES

Our staff have travelled the four corners of the world to bring you the finest selection of curry bowls. Expect to see authentic, flavoursome dishes from Thailand, India, Africa, Indonesia and the Caribbean. See the blackboard for today's bowls and add side dishes below to create your own 'World Curry Bowl'



CURRY BOWL	
- With 2 sides	£8.95
- With 3 sides	£10.50
PAPADUMS & DIPS (v) - BROWN BASMATI RICE (vg) (gf) - NAAN BREAD (v) (vg) - BOMBAY POTATOES (vg) (gf) - RED LENTIL DHAL (vg) (gf) -	

CABANESQUE

People tell us that we're a bit different here at Caban and we often struggle to put our finger on what it is that makes us different. Some people say Cabanesque... These are some of our favorites:

WARM HOUSE SALAD (v)	£8.50
With roasted squash, orange infused Puy lentils, pickled beetroot and tangy feta...finished with green leaves and honey balsamic dressing	
VEGAN PLATTER (vg)	£8.95
Changes daily so please see the blackboard	
SNOWDONIA CHEESE SELECTION (v)	£9.00
With mixed salad, caban tomato chili jam, oatcakes & slaw	
CABANA NACHOS (v) (gf)	£7.50
Crunchy nachos with melted Welsh cheddar, tomato chili jam, crème fraîche & jalapenos	
HOT CHICKEN BAGUETTE	£8.00
Pan fried chicken, red pepper, jalapenos & onion topped with melted cheese in a brown baguette	

ABOUT US...

Caban Cyf is an innovative social enterprise established to bring rural economic development to our beautiful corner of North Wales.

Caban Cyf - Cafe & Business Units - Brynrefail - Caernarfon - Gwynedd - LL55 3NR - 01286 685500 - foh@caban-cyf.org
vat no: 826346031 Facebook - @caban.brynrefail | Twitter @CabanCyf | Instagram cabancafe | TripAdvisor Caban Cafe |

CABAN FOOD

HOMEMADE BURGERS

It's no wonder the burger is so beloved around the world, we love them too. Served on brown bun with chips, salad, chili jam, gherkins, lettuce and onions

BIG JUICY BURGER	£9.95
Caban's specially seasoned beef patie	
- With Welsh Cheddar (v)	£10.95
- With Cheesy Rarebit (v)	£11.45
CABAN NO COW BURGER (vg)	£8.95
Homemade chickpea, broad bean & parsley burger with our chili jam.	
- With Welsh Cheddar (v)	£9.95
- With Cheesy Rarebit (v)	£10.45

CABAN'S DAILY SPECIALS

See the blackboard for today's specials created by Yashka and her team. These dishes are based on a healthy mix of produce from our local suppliers and fruit & vegetables from our on-site kitchen garden. This dedication to freshly prepared, healthy food, has resulted in an enviable reputation amongst our regular customers and visitors alike.

CABAN OPEN SANDWICH PLATTERS

Classic flavours from around the world, served on Olive Focaccia, with a mixed leaf salad

POLLO TOSCANO	£8.95
Thyme poached chicken, creamy mozzarella, Caban pea & basil pesto	
FRIJOLE MEXICANOS (v)	£8.95
Crushed black bean & avocado with chilli flakes, chipotle dressing & crème fraîche	
DOM POLSKI	£8.95
Polish inspired slow cooked beef meatballs in rich tomato sauce finished with pickled beetroot	
THE NEW CABAN BLT	£7.95
It's classic but new... Crispy bacon, lettuce and tomato	



SIDE ORDERS

As extras, or choose a few sides if that's what you fancy

GARLIC BREAD (v)	£2.65
GARLIC BREAD WITH CHEESE (v)	£3.15
SOURDOUGH BREAD & BUTTER (v)	£1.85
TWO WARMED PITTA BREAD (vg)	£1.50
CHIPS (vg) (gf)	£2.95
CHEESY CHIPS (v) (gf)	£3.95
MIXED SALAD BOWL (vg) (gf)	£3.20
COLESLAW (v) (gf)	£2.15
OLIVES - MARINATED GREEN & BLACK (vg) (gf)	£3.10
HOME MADE HOUMOUS WITH TWO PITTA (vg)	£3.80
FALAFELS WITH TAHINI DRESSING (vg)	£3.50
CHANA DHAL (vg) (gf)	£3.75
SMALL BOWL OF NACHOS & CHEESE (v) (gf)	£3.95
CABANA NACHOS (v) (gf)	£7.50
Crunchy nachos with melted Welsh cheddar, tomato chili jam, crème fraîche & jalapenos	

CABAN CAKES

We all deserve an occasional treat, or two, so why not just relax and enjoy a slice of tasty carrot cake, guilty chocolate fudge cake... or be a little adventurous and choose one of the Caban home-made favourites. See the cake display for inspiration!

TIPS

Caban Cyf do not add a service charge to your bill. 100% of any tips you choose to leave are distributed amongst the staff.

LITTLE NIPPERS

SOUP OF THE DAY (v)	£3.10
with brown bread and butter	
CHEESE ON TOAST (vg)	£2.90
With cucumber & carrot sticks	
CRUSHED AVOCADO ON TOAST (vg)	£2.90
With cucumber & carrot sticks	
PENNE PASTA (v)	£4.15
Tomato and basil sauce with cheddar cheese	
SANDWICH & CRISPS	£3.70
Choose from ham, cheese, humous or jam on brown bread, served with crisps, cucumber and carrot sticks	
SAUSAGE & CHIPS & BEANS	£4.75
Two sausages served with chips & beans	
DIPS & STICKS (vg) (gf)	£3.75
Humous with pitta, cucumber and carrot sticks	
CHIPS (vg) (gf)	£2.95
CHEESY CHIPS (v) (gf)	£3.95



KIDS DRINKS

KIDS HOT CHOCOLATE	£1.90
- Add squirty cream	45p
- Add marshmallows	45p
- Add a flake	45p
CHOCOBABYCCINO	£1.50
A small cup of hot chocolate with foamed milk	
BABYCCINO	55p
A small cup of foamed milk	
ORANGE/APPLE JUICE	
- Kids Carton	£1.35
- Glass	£1.95
DAIONI ORGANIC MILK WITH A CHOCOLATE FLAKE	£2.55
Strawberry / Chocolate	
GLASS OF MILK	
- Small	£1.10
- Large	£1.55

SOUP OF THE DAY

Hearty, homemade and delicious. Served with crusty bread and butter - see specials board for today's soup

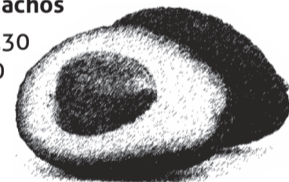
- Regular	£5.00
- Small	£4.10
SOUP & SANDWICH	£7.95
Cheese, ham, tuna or hummus sandwich with a small soup of the day	

BUTTIES & BAKED POTATOES

A choice of fillings either on brown bread or a freshly baked potato. Served with small salad and nachos

- Sandwich	£6.30
- Baked Potato	£7.20

BACON & AVOCADO	
Crispy bacon, creamy avo, perfect!	
CHEESY CHEDDAR (v)	
Welsh Dragon Mature Cheddar, with chunky pickle	
HONEY ROAST HAM	
OG Owen's home cured sliced ham with wholegrain mustard	
HOME MADE HOUMOUS (vg)	
Caban's freshly made houmous with sliced tomato	
TUNA MAYONNAISE	BEANS (vg)
A classic oldie... but goodie	Everyone's beany favourite



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 ingredients.
gf - Gluten Free | v - Vegetarian | vg - Vegan

SUNDAY ROAST

Join us every Sunday for a traditional roast £11.50
Vegetarian option always available

TAPAS TUESDAY

You guessed it; Tuesdays only! join us for an eclectic mix of freshly made tapas style treats. when it's gone it's gone!

TAPAS TRIO	£8.75
Choose 3 dishes from the black board	
TASTING PLATE	£9.95
A little bit of everything from today's tapas	
TAPAS SHARING PLATTER	£17.00
The best way to sample all our tapas dishes of the day - ideal if you can't make up your mind, or want to share.	

