

# The Eden Tea Rooms

MONDAY – SATURDAY 10:30 – 4:30

## All Day Menu

Toasted teacake	£1.60
2 slices toast, butter and jam or marmalade	£1.20
Homemade scone and butter	£1.60
Scone with butter and jam	£1.80
Scone with butter, jam and cream	£2.00
2 slices Bara Brith	£1.80

### Parisella's Ice Cream & Sorbets

1 scoop with wafer	£1.50
2 scoops with wafer	£2.50
3 scoops with wafer	£3.50
<i>with syrup and flake</i>	<i>25p each</i>

**Hot Desserts – see specials board** £3.50

### Fair Trade Hot Drinks

Pot of tea per person	£1.50
Fruit/herbal teas (some not Fair Trade)	£1.60
Freshly ground coffee	£1.95
Decaffeinated instant coffee	£1.75
Latte	£2.20
Cappuccino	£2.20
Espresso	£1.75
Americano	£1.95
Hot chocolate	£2.10
Hot chocolate with marshmallows and cream	£2.50

### Cold Drinks

Fresh fruit juice	
(apple, orange, grapefruit, pineapple)	£1.10
J2O/other glass bottles	£1.40
Coke/Diet Coke/Lemonade/Tango	£1.20
Bottle of Welsh spring water	£1.20
Fresh milk	£1.00
Small cartons of fruit juice	80p

**Gluten free options available. Bookings taken for Sunday lunch. We also cater for group bookings and have a separate menu for groups of 20 or more. Please ask for details.**

## Lunch Menu

SERVED FROM 12.00 TO 2.30PM

<b>Soup of the Day</b> <i>with roll and butter</i>	£3.50
<b>Soup and Sandwich</b>	£5.95

**Sandwiches (choice of brown or white bread)** £4.75

*Served with crisps, and a salad garnish*

Tuna and mayonnaise

Cheese with tomato or with onion and pickle

Egg mayonnaise

Home-cooked ham

**Salad with roll and butter** £5.95

Choice of tuna, egg or ham

**Ploughman's Lunch** £5.95

### Hot Meals (cooked to order)

2 Welsh pork and leek sausages, £5.95

mashed potatoes or chips, gravy and peas

Deep fried cod, with chips or mashed potatoes, £6.25  
and peas

2 eggs and chips with peas or baked beans £4.25

Egg, sausage, bacon, baked beans 85p per item

Portion of chips £1.80

Chips and cheese £2.25

Garlic bread/Garlic bread and cheese £1.50/1.95

### Dish of the day - see specials board

### Jacket Potatoes

*served with salad garnish and coleslaw*

Plain with butter £4.25

Cheese (melted or not) £5.25

Baked beans £5.25

Tuna and mayonnaise £5.25

### Toast and Toppings (2 slices)

Welsh rarebit with salad garnish £4.75

Cheese and tomato £3.95

Beans £3.75

*Croeso ~ Welcome*  
*Enquiries: 01492 877 057*

# The Eden Tea Rooms

## GLUTEN FREE ALL DAY MENU

Toasted teacakes	£1.60
2 slices toast, butter and jam or marmalade	£1.20
Home-made cakes	from £1.60

### Parisella's Ice Cream & Sorbets

1 scoop	£1.50
2 scoops	£2.50
3 scoops	£3.50
<i>with syrup and flake</i>	<i>25p each</i>

### Hot Desserts – ask for details

### Fair Trade Hot Drinks

Pot of tea per person	£1.50
Fruit/herbal teas (some not Fair Trade)	£1.60

Freshly ground coffee	£1.95
Decaffeinated instant coffee	£1.75
Latte	£2.20
Cappuccino	£2.20
Espresso	£1.75
Americano	£1.95

Hot chocolate	£2.10
Hot chocolate with marshmallows and cream	£2.50

### Cold Drinks

Fresh fruit juice (apple, orange, grapefruit, pineapple)	£1.10
J2O/other glass bottles	£1.40
Coke/Diet Coke/Lemonade/Tango	£1.20
Bottle of Welsh spring water	£1.20
Fresh milk	£1.00
Small cartons of fruit juice	80p

**All items subject to availability, please check before ordering.**

**We also take bookings for Sunday lunch and cater for groups, please ask for details.**

## GLUTEN FREE LUNCH MENU

SERVED 12:30 – 2:30

<b>Soup of the Day</b> <i>with roll and butter</i>	£3.50
<b>Soup and Sandwich</b>	£5.95

<b>Sandwiches (choice of brown or white bread)</b>	£4.75
<i>Served with crisps and a salad garnish</i>	
Cheese with tomato or with onion and pickle	
Egg mayonnaise	
Tuna and mayonnaise	
Home-cooked ham	

<b>Salad</b> <i>with roll and butter</i>	£5.95
Choice of tuna, egg, or ham	

<b>Ploughmans Lunch</b>	£5.95
-------------------------	-------

### Hot Meals (cooked to order)

2 pork sausages, mashed potatoes or chips, gravy and peas	£5.95
Baked haddock, with chips or mashed potatoes, and peas	£6.25
2 eggs and chips with peas or baked beans	£4.25
Egg, sausage, bacon, baked beans	85p per item
Portion of chips	£1.80
Chips and cheese	£2.25

### Dish of the day – ask for details

### Jacket Potatoes

<i>Served with salad garnish and coleslaw</i>	
Plain with butter	£4.25
Cheese (melted or not)	£5.25
Baked beans	£5.25
Tuna and mayonnaise	£5.25

### Toast and Toppings (2 slices)

<i>Served with salad garnish</i>	
Beans	£3.75
Cheese and tomato	£3.95