

Deli Sub Sandwiches

Prices include your choice of today's artisan breads, salads & dressings

Breads

White French sub,

Wholegrain 'Hoagie' or Italian Ciapanini

£4.25

Chicken, bacon & avocado

Welsh rarebit & mushrooms

Coronation chickpea

Tuna & red onion

£5.25

Roast chicken, sun dried tomatoes, fresh pesto

Slow roasted belly pork with roast peaches

Roasted Mediterranean vegetables & goats cheese

Home cooked ham & Cheddar

£6.75

Meatball fritada

Welsh beef steak & caramelised onions

Chorizo, Rioja & honey

£8.50

Crab & prawn

Pizza and picnics

Please see over leaf for great hand made, stone baked pizza and beachside picnics



coast...to go

by day

01654 767280

9am to 3.30pm

Breakfast in a box

Bacon baguette

add egg £1

£4

Edwards of Conway Sausage baguette

add egg £1

£5

Smashed avocado & eggs

Avocado topped with poached eggs, lime chilli, coriander

£6

Benedict/Royale

Eggs with ham or smoked salmon & Hollandaise

£7.50/£8

Glamorgan 'sausage'

Caerfilli cheese & leek croquette with eggs & leaves

£6.50

Belgian waffle, bacon & maple syrup

£6

Super salad boxed

Cous cous salad

Cous cous, squash, seeds, mint, spinach, coriander
~Add chicken £3, chorizo £2, seafood & shellfish £4

£7.50

Greek salad

Feta, oregano, chick peas, olives, mixed leaves
~Add chicken £3, chorizo £2, seafood & shellfish £4

£8.50

Tofu & soba noodle salad

Wheat noodle, mixed spring vegetables, youzu and miso dressing
~Add chicken £3, chorizo £2, seafood & shellfish £4

£8.50

Crab & prawn salad

Mixed leaves & smashed avocado

£11.50

Penne pasta salad

~Add chicken £3, chorizo £2, seafood & shellfish £4

£7.50

Sides

£3

Garlic flat bread

Coast slaw

Skin on skinny fries

Sweet potato fries

Mixed or green salad

Creamy garlic mushrooms

Roasted Med veg

Rocket & Parmesan salad





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Hand made, stone-baked pizza

Our thin crust 12' pizza are handmade and stone baked.
Made using natural yeast, extra virgin olive oil and semolina Durum wheat

Margarita	£11
Chicken, pesto, sun dried tomato & red onion	£12
Seafood Crab, prawns, anchovy, mussels, clams	£13
Mushroom, goats cheese & fresh herbs	£12
Porky Salami, ham, red onion	£12.50
Spicy Chorizo, salami, chilli flakes	£12.50
Deli Artichoke hearts, olives, sun dried tomatoes, capers	£12.50

Extra toppings

Artichokes, olives, mushrooms, red onion, sweetcorn, anchovies	.75p
Chorizo, salami, ham, chicken, crab, prawns, sun dried tomatoes	£1

Picnic bags

Designed for 2, each bag includes dressed salad leaves, coast slaw, recyclable plates & cutlery
Why not add a bottle of wine or some drinks?

Mediterranean Picnic Roasted vegetables, quiche, feta & flat bread	£17	Meaty Picnic Hand raised pork pie, duck or venison pate, onion confit, wholemeal hoggies	£18
Beachside Picnic Lobster terrine, crab & prawn medley, smoked salmon, lime mayo, wholemeal hoggies	£25	Coast & county picnic Crab terrine, duck pate, crab & prawn medley, smoked salmon, hand raised pie or quiche, wholemeal hoggies	£23