

TOASTIES

Doorstep bread served with salad and salted crisps

CLASSIC HAM & CHEESE TOASTIE

Toasted sourdough with melted cheese and sliced ham.

TUNA MELT TOASTIE

Tuna mayonnaise with melted cheese on sourdough.

PLANT BASED CHILLI MELT TOASTIE

Our plant based chilli with dairy-free cheese.

CHEESE & ONION TOASTIE

Melted cheese and red onion on sourdough.

JACKET POTATOES

Served with side salad

WELSH BUTTER

CHEESE & BEANS

TUNA MAYO

BEEF CHILLI & CHEESE

PLANT BASED CHILLI & CHEESE

COFFEE & HOT DRINKS

AMERICANO

LATTE

CAPPUCCINO

FLAT WHITE

MOCHA

CORTADO

HOT CHOCOLATE

BREAKFAST TEA

BABYCCINO

BREAKFAST

Served 8:00am - 11:30am

THREE CLIFFS BREAKFAST

Free-range fried egg, crispy bacon, pork sausage, mushroom, grilled tomato, tater tots, beans & toast

FARMER DAVE'S BIG BREAKFAST

Free-range fried eggs, 2 crispy bacon, 2 pork sausages, mushroom, grilled tomato, tater tots, beans & 2 toast.

PLANT BASED BREAKFAST

2 plant-based sausages, grilled tomato, mushroom, baked beans, tater tots and toast & free range egg.

BREAKFAST BAP

Bap with bacon or pork sausage, topped with fried egg.

SMASHED AVO ON SOURDOUGH

Smashed avo on sourdough with 2 poached eggs.

CHILDREN'S BEANS ON TOAST

Simple & comforting - served with grated cheese.

TOAST

GIANT TOASTED TEACAKE



From the coast
to your table.

SERVING BREAKFAST: 8:00 - 11:30

ALL DAY DINING: 12:00 - 19:45

Allergies

Please speak to a member of staff before ordering.
Food is prepared in a kitchen where allergens are present.

MAIN MENU

CHEESEBURGER & FRIES

Welsh beef patty, melted cheese, lettuce & tomato, red onion, gherkin & burger sauce in a bun with fries.

STEAK & ALE PIE

Tender steak slow cooked in rich Welsh ale gravy, wrapped pastry served with mash, seasonal veg & gravy.

GOWER LAMB BURGER & FRIES

Lamb burger, toasted brioche bun, Mint yoghurt, gem lettuce, red onion & served with fries.

3 CLIFFS BUTTER CHICKEN & RICE

Tender chicken cooked in a rich, aromatic welsh butter tomato sauce. Served with rice & poppadom.

BEEF/PLANT-BASED CHILLI CON CARNE

Rich, warming chilli made with beef or plant based version. Served with jalapeño, tortilla chips & rice.



GRILLED CHICKEN SKEWERS

Grilled chicken skewers served with warm flatbread, crisp salad & house tzatziki or sweet chilli sauce.

MACARONI CHEESE & GARLIC BREAD

Creamy, cheesy macaroni baked until golden, served with warm garlic bread.

FISH FILLET IN BRIOCHE & FRIES

Crispy fish fillet served in a soft brioche bun, lettuce, tomato, tartare sauce with fries.

HAM, EGG & CHIPS

Tender carved ham, farm-fresh free-range egg and crisp golden fries, finished with a side of coleslaw.

SMASHED AVO ON SOURDOUGH

Smashed avo on sourdough served with 2 poached eggs.

CHILDREN'S

CHICKEN GOUJONS & FRIES

Children's crispy chicken served with beans & choice of fries or veg sticks.

SAUSAGE & FRIES

Classic local sausage served with beans & choice of fries or veg sticks.

BEANS ON TOAST

Simple, comforting, & always popular with grated cheese.

MACARONI CHEESE

Creamy, cheesy macaroni served with garlic bread.

VEG STICKS & HOUMOUS

Fresh crunchy carrot and cucumber sticks served with a creamy houmous dip.

PASTA BOLOGNESE

Pasta spirals in a beef bolognese sauce & garlic bread.

SIDES

FRIES

CHILLI & CHEESE LOADED TOTS

Tater Tots topped with rich beef chilli or our plant based chilli with melted cheese.

BACON & CHEESE DIRTY FRIES

Crispy bacon pieces with melted cheese.

GARLIC BREAD

Oven-baked garlic bread with melted butter (optional cheese).

FLATBREAD WITH HOUMOUS

Warm flatbread served with smooth, creamy houmous; perfect for dipping.

GIANT TOASTED TEACAKE

WELSH RAREBIT

Toasted sourdough topped with ham and a rich mature cheddar & mustard rarebit sauce, grilled until golden and served with salad.

