

Friday - Welcome to Wales

1600 - 2000 Kitchen Open

Traditional Welsh Cawl: A delicious homemade stew with welsh lamb, chunky potatoes, vegetables and leeks.

Meat free Cawl (V) served with a crusty roll.

A selection of desserts.

1600 - 2000 Burger Bar Open

Burgers, chips, bacon or sausage butties, flapjack bars, chocolate, crisps, fresh fruit, hot and cold drinks.

Vegetarian falafel with salad and mint yoghurt sauce or vegie burgers

1600 - 2300 Bar open

Local bottled ales, beers and ciders, a small selection of wine and soft drinks.

Saturday – BBQ Night

0700 - 0900 Breakfast

A selection of breakfast baps, full cooked breakfast, cereals, porridge, fresh fruit and yoghurts.

Fruit juice, Tea, coffee, hot chocolate, hot Bovril.

1700 - 2000 BBQ

Four choices of meat: Speciality sausage, Beef Burgers, pork ribs with BBQ sauce or chicken.

Vegetarian sausages(V), cous-cous stuffed peppers (V), vegetable kebabs.

In addition to the above: Fresh salad, homemade coleslaw, pasta salads and fresh rolls.

A selection of desserts.

1600 - 2000 Burger Bar Open

Burgers, chips, bacon or sausage butties, flapjack bars, chocolate, crisps.

Tea, coffee, hot chocolate, hot Bovril and cold drinks available.

1600 - 2300 Bar open

Local bottled ales, beers and cider, a small selection of wine and soft drinks.

Sunday – Mountain Beef or Vegetarian Chilli

0700 - 0900 Breakfast

A choice of breakfast baps, full cooked breakfast, cereals, porridge, fruit juice, fresh fruit, yogurts tea and coffee.

1300 -1430 Welcome home lunch

Spicy (Not too hot) Beef chilli or three bean chill served with white rice – includes drink (tea/coffee or water) and cake for competitors.

0700 – 1430 Burger Bar Open until end of presentations.

PRICE LIST

CASH ONLY (no internet connection)

Breakfast

Bacon: £2.50

Sausage: £2.50

Egg: £2.00

Bacon or sausage and egg: £3.00

Bacon and sausage: £3.50

Bacon, sausage and egg: £4.00

Full breakfast: £4.50

Cereals: £1.20

Porridge: £1.50 - add honey 50p

Fruit 50p per item

Chocolate: 80p

Flapjack bars: £1.00

Tea: £1.00

Coffee: £1.30

Hot chocolate: £1.20

Water: £1.00

Cans: £1.00

Crisps: 50p

Dried fruit and nut sachet: £1.00

From the Griddle

Plain single burger: £2.50

Single cheeseburger: £3.00

Double plain burger: £3.80

Double cheeseburger: £4.20

Chips: £2.00

Falafel with salad: £4.00

Vegie burger: £2.50

Evening Meals

Lamb Cowl and roll: £4.00

Vegetarian Cawl and roll: £3.50

BBQ: A selection of meat or vegetarian choices served with fresh salad, homemade coleslaw, pasta, bread. Priced on your number of choices one/vegetarian choice £4.00, two £5.00 three £6.00. Desserts: £2.00-2.50

Chilli: Free to competitors. £4.50 For non competitors.

CASH ONLY (no internet connection)

Bar:

Bottled Beers, Ales Ciders £2.50-£2.80

Red, White and Rose Wine £2.50 per glass

Small selection of spirits £2.00 per 25cl

Soft Drink Cans £1.00

Fruit Juice Glass £1.50

Soft Drink Bottles £1.50

Still Water £1.00

Allergen advice.

Burgers: **Wheat, Soya, sulphites.**

Sausages: **Wheat.**

Bread rolls: **Egg. Wheat flour. Soya. Rye. Barley**

*May contain traces of sesame seeds (Manufactured in a setting where other seeds are used)

Cheese: **Milk powder.**

Chocolate bars: **Milk and gluten** (Manufactured in a setting that also uses **nuts**).

Crisps: **Wheat/gluten. Mustard powder.**

Sauces: May Contain: **Milk. Mustard. Soya. Barley. Rye. Wheat. Sulphites.**

*Please check manufacturers labelling on pre-packed items. Allergens will be listed in **BOLD**.

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