

## Lunch Menu

### Salads;

Tuna Mayo	£5.90
Three Welsh cheese (v)	£6.25
Gammon	£6.75
Coronation Chicken	£6.75

### Jacket Potatoes GF

served with salad garnish	
Butter	£5.50
Welsh Cheddar (v)	£5.95
Beans (v)	£5.95
Tuna	£6.25
Prawns with Marie Rose Sauce	£6.75

### Homemade Pies:

Comfort food at it's finest! Gorgeous Puff Pastry Pies full of flavour. Made right here at Tor Cefn. Served with side salad:

Corned Beef Pie	£6.95
Welsh Cheddar and Potatoe Pie	£6.75

### Ploughman's Ham or Cheese Selection : (GF)

Served with pickles, apples, Grapes, chutney and a warm baguette £6.70

### Side Orders:

Side Salad	£2.00
Portion of Chips	£1.20
Bag of Crisps	£1.00
Pot of home Made Coleslaw	£1.20

(GF) - Gluten Free or Gluten Free option Available. (v) - Suitable for Vegetarians.

## Sandwiches, Toasties and Panninis

Served with crisps or salad Garnish

### Sandwich/Toastie/Pannini

Welsh Cheddar & Ham or Tomato	£3.95 / £4.50 / £4.95
Baked Gammon	£3.95 / £4.50 / £4.95
Roasted Med Veg, Pesto & Mozzarella (v)	£4.80 / £5.25
Bacon, Brie & Cranberry	£4.50 / £5.00 / £5.75
Tuna Cheese & Red Onion	£4.00 / £4.70 / £5.75
Mozzarella, Sundried Tomato & Olive (v)	£4.50 / £4.70 / £5.75
Tuna Mayo	£4.70
Roast Beef	£3.95

## Tea and Cakes

Afternoon Tea (GF) £15.00 per person

Our speciality; a beautiful selection of sweet and savoury delights; home made sandwiches, scones and cakes with a pot of tea with unlimited refills. All other beverages charges at normal menu prices.

Sandwich selection available includes Salmon & Cucumber, Roast Beef, Coronation chicken, Cheese & chutney, Baked Gammon, Fforest Isaf Egg.

Please pre book for Afternoon Tea - it is made fresh and takes time to prepare.

Cream Tea (GF) - Fruit or Plain Scone, jam, clotted cream with a pot of tea £5.25

Cake and Desserts All made here at Tor Cefn please see specials board for today's selection. £3.00-£6.00

## Kids Menu

Sandwich - Ham, Cheese, Cream Cheese, Jam or Marmite £1.80

Nibbles Plate - Raisins, Cocktail Sausages, Cherry Tomatoes, Carrot & Cucumber Sticks, cheese Triangles & grapes. £3.00

Tomato Pasta & Garlic Bread £3.75

Chicken Nuggets or Fish Fingers & Chips

With beans, peas or salad £3.75

Piece of Fruit £0.70

Box of Raisins £0.50

Brownie Bites with a scoop of Vanilla Ice cream £1.75

Ice Cream with Sauce & Sprinkles £1.20

Please see our separate drinks menu for Teas, Coffees, Soft drinks, Beers, Cider and our wine list.

(GF) - Gluten Free or Gluten Free option Available. (v) - Suitable for Vegetarians.



Tor Cefn Farm  
**2021/22 WINNER**  
Café of the Year  
Carmarthenshire



Please feel free to take this menu home :-)

Please Be aware that we use Allergens in some of our foods so if you have any specific Dietary requirements/Allergies please make them known when ordering. We currently use a soya based oil in our fryer. thank you.

Book Tor Cefn for your birthday party, baby shower or family event

Find us on Facebook and Instagram

Tel: 01269 861125

email: [torcefn@gmail.com](mailto:torcefn@gmail.com)

[www.torcefntearooms.co.uk](http://www.torcefntearooms.co.uk)

*Croeso*

*Welcome*

