LUNCH MENU

SERVED
MON - SAT
11:30AM-2:30PM

SMALL PLATES

Teacake 2.5
Toasted served with butter. Add jam, marmalade or honey 60p

Jackfruit Bao Buns 3.8
Three jackfruit bao buns served with katsu mayo and spring onions (VE)

Sandwich / Toastie 4.8
Cheese & Onion
Ham & Cheese
Tuna Mayo
Mushroom & Sauerkraut

Homemade Soup 6.5
Seasonal soups served with sourdough. See special board for today's options.

BIGGER PLATES

Omelette 5.8
Cheese & Ham
Spinach & Mushroom
Bacon & Cheese

Thai Green Curry 8.0
Coconut milk, sweet potato, broccoli, peppers and chickpeas, topped with spring onions and spinach. Served with basmati rice (VE)

Jacket Potato 5.8
Cheese & beans
Tuna mayo
Garlic mushroom & Sauerkraut

Vegetable Cawl 6.8
Slow-simmered seasonal vegetables, herbs and rich vegetable stock. Served with sourdough bread and cheese.

BREAKFAST ROLL

TWO FILLINGS 5.5

bacon . sausage . fried egg
mushrooms . plant sausage . cheese

EXTRA FILLINGS 1.0

SIDES

Side Salad	1.8
Cheese Scone	2.0
Garlic Crumpet	2.0
Sourdough	2.8

BOOKINGS

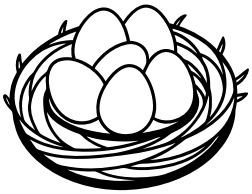
Afternoon Tea
Buffet
Offsite Catering
Fresh Pasta

ASK THE TEAM

@llantarnamgrangecafe
@llantarnamgrange
@sparks_bakes
@chef_rhys

Support Local CAFÉ

AT LLANTARNAM GRANGE



EGGS

Croft Farm Eggs — Pontypool
Croft Farm Eggs is a family-run local producer based in Penperlleni, near Pontypool, with more than 50 years of experience supplying eggs across South East Wales.
The farm supplies fresh eggs directly to restaurants and caterers, giving us a fantastic local alternative to eggs travelling through large national supply chains.
By choosing Croft Farm, we can serve quality eggs while supporting a long-established local farming family just a few miles from the café.

BREADS

The Cookes Bake — Cwmbran
The Cookes Bake is a family-run artisan bakery based right here in Cwmbran, specialising in traditionally made sourdough and freshly baked goods.
Their focus on quality ingredients, traditional baking and small-batch production has earned them recognition across Wales, including Retail Bakery of the Year at the Food Awards Wales.
We're proud to use their locally baked bread at Llantarnam Grange Café — bringing a little more of Cwmbran onto every plate.

FARMS

Ty Poeth Farm — Pontypool
Ty Poeth is a family-run working farm near Pontypool, with a farming history stretching back to 1840 and a strong focus on local, seasonal food.
The farm rears its own livestock and grows seasonal fruit and vegetables, with an emphasis on animal welfare, responsible farming and genuine farm-to-fork produce.
We use Ty Poeth produce in our kitchen whenever possible, helping us build dishes around ingredients grown and produced right here in our local area.

F4D GROWTH TORFAEN

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