

Taste of Wales

Gower Cockle Pie

This Pembrokeshire dish, Pastai Gocos, is cockles cooked in a creamy cheese sauce. It is then covered with bread crumbs and grated cheese and cooked under the grill to crisp the topping. Served with a Crisp salad & Crusty Roll.

£7.99

Classic Welsh Rarebit

The Welsh have always loved 'roasted' cheese. In its simplest form Welsh Rarebit, Caws wedi pobi, would traditionally have consisted of a slice of bread and a large slice of cheese, each toasted in front of an open fire. Just before the cheese had a chance to soften too much, it was laid on top of the crisp bread and served.

£6.99

Lamb Broth (Lamb Cawl)

Traditionally, Cawl Mamgu or 'Granny's Broth', would have been made with bony pieces of lamb and beef, usually from the neck or shin – full of flavour- A large pot of Cawl may well have fed a family for several days, with extra ingredients added each time it was reheated – many said that the best Cawl was the very last bowlful.

£6.50



Children's Birthday Parties

From £9.99 per head

Includes: craft activity, exclusive use of party room for 2 hours, buffet & party invitations

*Please ask at reception or visit www.gowerheritagecentre.co.uk for further information.

Private Functions

We can cater for private events and functions here at the Gower Heritage Centre, please ask at reception for more information or call us on 01792 371206.

Beverages

Pot of Welsh Tea	£1.90
Americano Coffee	£2.20
Latte	£2.50
Espresso	£2.00
Mocha	£2.60
Cappuccino	£2.60
Hot Chocolate	£2.60
Hot Chocolate with cream	£2.80

Speciality Teas available, please ask.
Selection of local ales and ciders.

Justin's

Gower Heritage Centre 

Tea Room Menu

At the Gower Heritage Centre,
Parkmill, SA3 2EH.

Gower Cream Tea

Includes a large scone, Welsh cake, a slice of bara brith, butter, jam and clotted cream. Served with a pot of Welsh tea or fresh fair-trade coffee.

all for only £6.40



01792 371206

www.gowerheritagecentre.co.uk

Breakfast

Served until 1pm



Early Riser £5.50
1 sausage, 1 bacon, free range egg, 1 hashbrown, beans & toast

The Mill £7.50
2 sausages, 2 bacon, free range egg, 2 hashbrowns, mushrooms, grilled tomato, beans & toast

The Big Breakfast £9.50
3 sausages, 3 bacon, 2 free range eggs, 2 hashbrowns, mushrooms, grilled tomato, beans & toast

Gluten Free Breakfast £7.50
2 gluten free sausages, 2 gluten free bacon, free range egg, mushrooms, grilled tomato, beans & gluten free toast

Vegetarian Breakfast (v) £7.50
2 vegetarian Glamorgan sausages, free range egg, 2 hashbrowns mushrooms, grilled tomato, beans & toast
Why not try a Welsh breakfast and add cockles and laverbread for just £3.00 extra?

The Gower Breakfast £6.50
A mix of Cockles, Bacon, Onion & Laverbread served on 2 slices of wholemeal toast

Breakfast Rolls

- One filling £4.50
- Two fillings £5.50

 Choice of fillings: Bacon, pork or vegetarian sausage, egg, or mushrooms.

Omelettes
All omelettes are served with salad.

- 1 filling £4.50
- 2 fillings £5.50
- 3 fillings £6.50

 Fillings: cheese, onion, ham, bacon, mushroom

Traditional Eggs Benedict £6.50
2 rashers of thick cut bacon on top of a muffin with 2 free range poached eggs and a generous helping of hollandaise sauce

Eggs Florentine £5.50
Breakfast muffin topped with spinach, 2 free range poached eggs and a generous helping of hollandaise sauce

Gourmet Burgers

5oz Celtic Pride burger in a brioche bun served with chips and a salad garnish. £7.99

6oz Gower Minted Lamb burger in a brioche bun served with chips and a salad garnish. £8.99

Battered Chicken Burger in a brioche bun served with chips and a salad garnish. £7.99

Vegetarian burger in a brioche bun served with chips and a salad garnish. £7.99

Add an extra;
Bacon, Cheese or Onion Rings £1.50
Double up for an extra £1.50

Main Meals

Chicken Curry served with rice & chips. £8.99

Vegetable Curry served with rice. £7.99

Chilli Con Carne served with rice. £7.99

Five Bean Chilli served with rice. £6.99

Ham, egg & Chips £7.99

Beer Battered Cod served with chips and minted mushy peas. £8.99

Whitby Wholetail scampi served with chips and minted mushy peas. £9.99

Jumbo Sausage served with chips and peas or beans. £5.99

8oz Gammon Steak served with chips, peas, 2 fried eggs or a pineapple ring. £9.99

Children's Menu

Fish Finger, Pork Sausage, Glamorgan Sausage, Chicken Nuggets or Egg £4.99
Served with chips, peas or beans and a cup drink.

Macaroni Cheese £4.99
Served with garlic bread.

Children's Wrap £4.99
Choose from: Ham, Tuna mayo, Cheese & Onion, or BBQ chicken. Served with a salad garnish



Light Bites

2 rashers of bacon, cockles and laverbread. £5.50

Chicken Caesar Salad £6.99

Classic Caesar Salad £5.99

Jacket Potato served with salad garnish

- 1 filling £5.50
- 2 fillings £6.00
- 3 fillings £6.50

Choose from: ham, spicy tuna mayo, tuna mayo, sweet chilli chicken, bbq chicken, welsh mature cheddar, beans, coleslaw, roasted Mediterranean vegetables, chicken curry or chilli con carne.

Sandwich or Toastie white or wholemeal served with a salad garnish £4.75

Wrap, Baguette or Panini £5.75
Fillings: ham, spicy tuna mayo, tuna mayo, sweet chilli chicken, bbq chicken, welsh mature cheddar & chutney, roasted Mediterranean vegetables with Goats cheese.