

HARBWR

Fulton

8AM - 11AM
breakfast



Sausage Egg & Bacon Batch Roll	£4.00
5 Item Brekfast	£5.25
Avocado On Toast VE,HF	£5.00
Egg And Hashbrown Bap V,HF	£3.50
Cheesy Hash Browns V,HF	£3.25

classics

Crispy Chicken Bao Bun HF	£5.50
Gammon, Egg, Chips & Peas NGCI	£5.50
Halal Chicken Katsu Burger HF	£5.25
Fish Finger Sandwich HF	£4.00
Vegetarian Katsu Burger VE	£5.00
Egg Fried Rice With Vegetable Spring Roll V	£4.75
Chicken Tikka With Rice HF	£5.25
7" Margherita V	£4.95
7" Pepperoni	£5.00
7" Veggie Feast To Go V	£5.50
7" Meat Feast To Go	£5.50
7" BBQ Chicken Pizza Halal HF	£5.50

Giant Onion Rings V,HF	£3.00
Cheese And Bacon Loaded Fries	£4.00
Classic Loaded Fries V,HF	£4.25
Cheesy Chilli Chips	£4.25
Pulled Pork Dirty Fries	£4.25
Crisp Chips HF,NGCI,VE	£2.75

BESEHA

ميدل ايست
كافيه

FROM 11AM - 2:30PM

Halal Chicken Harissa Skewer HF, NGCI	£2.50
Falafel With Garlic Dip V, NGCI	£3.50
Chermoula Halal Chicken Wings HALAL, NGCI	£3.50
Morroccoan Chickpea Salad V	£3.50
Za'Atar Seasoned Skinny Fries VE, NGCI	£2.95
Coban Salatasi (Turkish Garden Salad) NGCI ,VE	£3.50
Turkish Garlic Yoghurt V, NGCI	£1.00
Houmous V	£2.00
Cacik (Turkish Cucumber Yoghurt) V, NGCI	£1.50
Baba Ganoush VE, NGCI	£2.50
Pitta Bread X 2 V	£2.00

Meal Deal	£7.50
Chermoula Halal Chicken Wings	
Morroccoan Chickpea Salad	
Baba Ganoush	
Pitta Bread X 2	
Can of coke	



chicken shop

£5



MENU

Hot Piri Piri Chicken Wing HF
Barbeque Chicken Thighs HF
Chargrilled Chicken Thigh HF
Chicken Nuggets HF
Southern Fried Chicken Tenders HF

Sides

Chips HF,NGCI,VE
Sweetcorn Cob HF,NGCI,VE

Sauce

Garlic Mayonnaise HF
Sriracha Chilli Sauce HF
Kashmiri Ketchup HF
Tamarind Ketchup HF
BBQ Sauce HF

ADD ONS

Gravy £1.20
Baked Beans £1.20

MEAL DEAL

Hot Piri Piri Chicken Wing HF £10.95
Chicken Nuggets HF
Southern Fried Chicken Tenders HF
Sweetcorn Cob
Chips
Gravy

SWANSEA SOCIAL Hideaway

£5

MONDAY - CURRY DAY

Vegetable Balti VE,HF. Naan bread VE,HF. Mango chutney. Jasmine rice. Poppadum. Thai green curry VE,HF, chicken tikka HF

TUESDAY - PIE + MASH

Rotating pies (x2), mash, broccoli, onion gravy

WEDNESDAY - LASAGNA

Lasagna or vegetable lasagna, garlic bread, peas.

THURSDAY - ROAST

Roast chicken or roast pork with stuffing and apple sauce, roasted potatoes, broccoli, carrot, gravy, baked celeriac

FRIDAY - FISH

Battered haddock, wedges, peas, tartare sauce and lemon wedge

breakfast



Sausage Egg & Bacon Batch Roll	£4.00
5 Item Brekfast	£5.25
Avocado On Toast VE,HF	£5.00
Sausage Beans And Chips	£3.75
Egg And Hashbrown Bap V,HF	£3.50
Cheesy Hash Browns V,HF	£3.25

classics

Crispy Chicken Bao Bun HF	£5.50
Gammon, Egg, Chips & Peas NGCI	£5.50
Halal Chicken Katsu Burger HF	£5.25
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7" Margherita V	£4.95
7" Pepperoni	£5.00
7" Veggie Feast To Go V	£5.50
7" Meat Feast To Go	£5.50
7" BBQ Chicken Pizza Halal HF	£5.50
Giant Onion Rings V,HF	£3.00
Cheese And Bacon Loaded Fries	£4.00
Classic Loaded Fries V,HF	£4.25
Cheesy Chilli Chips	£4.25
Pulled Pork Dirty Fries	£4.25
Crisp Chips HF,NGCI,VE	£2.75



Traditional Sausage Roll	£2.50
Proper Cornish Steak Slice	£3.50
Cheese & Onion Slice	£3.50
Chicken Mushroom Slice	£3.50
Vegan Sausage Roll	£3.00
Chicken Masala Slice	£4.00
Hot Dog Roll With Ketchup	£3.50
All Day Breakfast	£3.50
Vegetable Pasty	£4.00
Traditional Steak Pasty	£4.00





FEASTIVAL

**ALL BOWLS £6.50
EVERY TUESDAY**

CHAPATI CHAAT

Main

Roast Cauliflower & Chickpea Korma V, HF, NGCI
Halal Chicken in Rogan Josh Sauce HF, NGCI

Side

Tarka Dhal Hummus HF, NGCI, VE
Chapatti HF, VE
Masala Potatoes HF, VE
Pilau Rice HF, NGCI, VE

Topping

Criollo Salsa HF, NGCI, VE
Kashmeri Carrot Pickle HF, NGCI, VE
Tamarind Sauce HF
Indian Ketchup HF, NGCI, VE
Yoghurt & Mint HF, NGCI

LUCKY RABBIT

Protein

Chicken Wings Chilli Honey Sauce
Sweet And Sour Pork Hong Kong Style
Braised Mapo Tofu VE, HF
Crispy Aubergine Black Bean Sauce VE, HF

Greens

Fried Pak Choi Mushrooms VE, HF
Wok Fried Greens HF, NGCI, VE

Noodles and rice

Hainan Style Pineapple Fried Rice HF, NGCI, VE
Salad Asian Noodle Chilli Mayo V, HF
Jasmine Rice HF, NGCI, VE
Plain Egg Noodles HF, V

BAMBOO

Base

Jasmine Rice HF, NGCI, VE
Udon Noodles HF, VE

Protein

Japanese Chashu Pork Belly
Gyozas - Vegetables V, HF
Bamboo Chicken Katsu HF

Sauce

Teriyaki Sauce - Bought In HF, VE
Bamboo Chilli Sauce HF, VE
Sweet & Sour HF, NGCI, VE
Hefe Tonkatsu HF, VE
Ra-Yu Oil HF, NGCI, VE

Topping

Donburi Pickles HF, NGCI, VE
Pickle Mix HF, VE
Wok Fried Greens HF, NGCI, VE
Mini Vegetable Spring Rolls HF, VE
Prawn Crackers HF

TINGA TACOS

Tacos

Soft Taco Sriracha Roasted Cauli VE, HF
Mexican Pulled Pork Tacos

Topping

Guacamole HF, NGCI, VE
Sour Cream HF, NGCI
Diablo Salsa HF, NGCI, VE
Tabasco Sauce HF, NGCI, VE
Hot Sauce HF, NGCI, VE
Lime Juice wedges HF, NGCI, VE
Fresh Coriander HF, NGCI, VE

Side

Courgette, Mint & Tomato Salad HF, NGCI, VE
Fried Potatoes With Chilli HF, NGCI, VE
Charred Cajun Corn On The Cob HF, NGCI, VE
Frijoles Refritos (Refried Beans) HF, NGCI

POKE BOWL

Base

Egg noodles HF, V
Jasmine Rice HF, NGCI, VE

Toppings

Edamame Beans HF, NGCI, VE
Pickled Red Onions HF, NGCI, VE
Cucumber HF, NGCI, VE
Grated Carrot HF, NGCI, VE
Mango Chilli Salsa HF, NGCI, VE
Pickled Red Cabbage NGCI, VE
Pineapple HF, NGCI, VE
Sweetcorn HF, NGCI, VE
Wakame Seaweed HF, NGCI, VE
Grilled Aubergine HF, NGCI, VE

Protein

Boiled Egg V, HF, NGCI
Tofu HF, NGCI, VE
Chargrilled Chicken HF, NGCI

Sauce

Sesame Oil HF, NGCI, VE
Sweet Chilli Sauce HF, NGCI, VE
Soy Sauce HF, VE
Sriracha Sauce HF, NGCI, VE
Chilli Oil HF, NGCI, VE

CARIBBEAN CAFE

Caribbean Brown Chicken Stew HF, NGCI
Caribbean Squash Curry HF, NGCI, VE

Side

Caribbean Rice & Beans HF, NGCI, VE
Hot Sweet Potato Wedges HF, NGCI, VE
Caribbean Coleslaw HF, NGCI, VE

Topping

Chilli and lime corn HF, NGCI, VE
Collard Kale HF, VE
Caribbean Mango Salsa HF, NGCI, VE
Aji Limo Verdi Lime And Coriander Sauce HF, NGCI, VE
Hot Sauce HF, NGCI, VE

Taliesin

£5

MONDAY – CURRY DAY

Vegetable Balti VE,HF. Naan Bread VE,HF. Mango Chutney. Jasmine Rice. Poppadum. Thai Green Curry VE,HF, Chicken Tikka HF

TUESDAY – PIE + MASH

Rotating Pies (x2), Mash, Broccoli, Onion Gravy

WEDNESDAY – LASAGNA

Lasagna or Vegetable Lasagna, Garlic Bread, Peas.

THURSDAY – ROAST

Roast Chicken Or Roast Pork With Stuffing And Apple Sauce, Roasted Potatoes, Broccoli, Carrot, Gravy, Baked Celeriac

FRIDAY – FISH

Battered Haddock, Wedges, Peas, Tartare Sauce And Lemon Wedge



LARGE BOWL – £7

SMALL BOWL – £6

DELICIOUS SALAD BOWL

Beetroot
Sweetcorn
Cannellini Beans
Chickpeas
Mix Bean Salad
Butter Beans
Red Cabbage
Dutch Button Mushroom
Red Kidney Beans
Green Olives
Black Olives
Jalapeno Sliced Green
Potatoes
Couscous
Crispy Onions
Onions
Herb Garlic Croutons
Coleslaw
Potato Salad
Orzo Pasta Salad
Grated Carrot
Noodles
Chopped Celery
Chopped Peppers
Chopped Pineapple
Chopped Cucumber
Chopped Tomatoes
Mixed Leaf
Grated Cheese
Fine Beans
Thousand Island
Vinagarette
Vegan Mayonnaise
Ranch

PROTEIN – CHOOSE ONE

Boilled Eggs
Sliced Ham
Cheese

ADD ONS

Quiche Lorraine £3.50
Mushroom Quiche £3.50
Med Veg Quiche £3.50
Cheese & Onion Quiche £3.50
Scotch Egg £3.00
Chicken Skewer £2.00
Smoked Tofu £2.00

DESSERTS

Spotted Dick V,HF £3.00
Chocolate Brownie V,HF £3.00
Apple Crumble V,HF £3.00
Rice Pudding V,HF £3.00
American Pancake e/a V,HF £1.00

TOPPINGS

Custard V,HF £1.00
Ice Cream V,HF £1.00
Maple Syrup VE,HF £1.00
Toffee Sauce V,HF £1.00
Fruit Compote VE,HF £1.00
Whipped Cream V,HF £1.00

Bakery items

Rotating daily/weekly

Butter Croissant V,HF £2.20
Vegan Raspberry Croissant VE,HF £2.20
Pain au Raisin V,HF £2.20
Chocolate Twist V,HF £2.20
Pistachio Croissant V,HF £2.20
Lemon Drizzle Loaf Cake V,HF £2.20
Triple Chocolate Muffin V,HF £2.20
Vegan Lemon Poppy Muffin £2.20
White Chocolate & Raspberry Muffin V,HF £2.20
Joes Apple & Cinnamon Cupcake V,HF £2.20
Flapjack V,HF £2.20
Cookie Oat Raisin Sicilian Lemon V,HF £2.20
Triple Chocolate Cookie V,HF £2.20
Raspberry White Chocolate Cookie V,HF £2.20
Frutti Di Bosco V,HF £2.20
Crazy Carrot V,HF £2.20
White NY Croissant V,HF £2.20
Dark NY Croissant V,HF £2.20



BUILD YOUR OWN PIZZA

7 "Margherita £5.00
Extra Toppings

Pizza Topping Ham Pieces £1.00
 Pizza Topping Mushrooms £1.00
 Pizza Topping Red Onion £1.00
 Pizza Topping Red Peppers £1.00

Pizza Topping Char Grilled Chicken £1.00
 Pizza Topping Black Olives £1.00
 Pizza Topping Pepperoni £1.00
 Pizza Topping Fresh Tomato £1.00
 Pizza Topping Chicken Tikka Pieces £1.00
 Pizza Topping Red & Green Chillies £1.00
 Pizza Topping Pineapple Pieces £1.00
 Pizza Topping Chorizo Sausage £1.00
 Pizza Topping Oregano £1.00
 Pizza Topping Fresh Rocket £1.00
 Pizza Topping Green Peppers £1.00
 Pizza Topping Sunblazed Tomatoes £1.00

MOMS HOT DOGS

American Mustard Dog – Yellow Mustard £3.50
 Honey Mustard Crunch Dog – Honey Mustard, Crispy Onions £3.50
 Sauerkraut Dog – Mustard, Sauerkraut £3.50
 Fully Loaded Dog – Ketchup, Mustard, Honey Mustard, Crispy Onions, Sauerkraut £3.50
 Classic Ketchup Dog – Ketchup £3.50

PIZZA MEAL DEAL

7 "Margherita £7.00
 Topping choice 1
 Topping choice 2
 Soft Drink Can

VARSITY 2026 IS HERE!



£5



Bacon or sausage roll with a drink offer. Available at Hot Wheels, Harbwr and Hideaway

Cafe Glas



Wales National
Pool Swansea
Pwll Cenedlaethol
Cymru Abertawe

Rotating daily/weekly

Butter Croissant V,HF	£2.20
Vegan Raspberry Croissant VE,HF	£2.20
Pain au Chocolat V,HF	£2.20
Pain au Raisin V,HF	£2.20
Chocolate Twist V,HF	£2.20
Pistachio Croissant V,HF	£2.20
Blueberry Tulip Muffin V,HF	£2.20
Salted Caramel Tulip Muffin V,HF	£2.20
Vegan Lemon Poppy Muffin	£2.20
White Chocolate & Raspberry Muffin V,HF	£2.20
Joes Apple And Cinnamon Cupcake V,HF	£2.20
Premium Chocolate Brownie V,HF	£2.20
Flapjack V,HF	£2.20
Jumbo Jam Doughnut V,HF	£2.20
Cookie Oat Raisin Sicilian Lemon V,HF	£2.20
Triple Chocolate Cookie V,HF	£2.20
Raspberry White Chocolate Cookie V,HF	£2.20
Crazy carrot V,HF	£2.20

Rotating daily/weekly

Butter Croissant V,HF	£2.20
Vegan Raspberry Croissant VE,HF	£2.20
Pain au Chocolat V,HF	£2.20
Pain au Raisin V,HF	£2.20
Chocolate Twist V,HF	£2.20
Pistachio Croissant V,HF	£2.20
Blueberry Tulip Muffin V,HF	£2.20
Lemon Drizzle Loaf Cake V,HF	£2.20
Cookie Double Chocolate Puck V,HF	£2.20
Vegan Lemon Poppy Muffin	£2.20
White Chocolate & Raspberry Muffin V,HF	£2.20
Joes Apple & Cinnamon Cupcake V,HF	£2.20
Premium Chocolate Brownie V,HF	£2.20
Flapjack V,HF	£2.20
Lemon Drizzle Loaf Cake V,HF	£2.20
Jumbo Jam Doughnut V,HF	£2.20
Frutti di bosco V,HF	£2.20
Crazy Carrot V,HF	£2.20
White NY Croissant V,HF	£2.20
Dark NY Croissant V,HF	£2.20

Rotating daily/weekly

Butter Croissant V,HF	£2.20
Almond Croissant V,HF	£2.20
Vegan Raspberry Croissant VE,HF	£2.20
Pain au Chocolat V,HF	£2.20
Salted Caramel Tulip Muffin V,HF	£2.20
Triple Chocolate Muffin V,HF	£2.20
Vegan Lemon Poppy Muffin	£2.20
Premium Chocolate Brownie V,HF	£2.20
Lemon Drizzle Loaf Cake V,HF	£2.20
Jumbo Jam Doughnut V,HF	£2.20

Rotating daily/weekly

Butter Croissant V,HF	£2.20
Almond Croissant V,HF	£2.20
Vegan Raspberry Croissant VE,HF	£2.20
Pain au Chocolat V,HF	£2.20
Salted Caramel Tulip Muffin V,HF	£2.20
Triple Chocolate Muffin V,HF	£2.20
Vegan Lemon Poppy Muffin	£2.20
Premium Chocolate Brownie V,HF	£2.20
Lemon Drizzle Loaf Cake V,HF	£2.20
Jumbo Jam Doughnut V,HF	£2.20

harbur & hideaway

Rotating daily/weekly

Butter Croissant V,HF	£2.20
Almond Croissant V,HF	£2.20
Vegan Raspberry Croissant VE,HF	£2.20
Pain au Chocolat V,HF	£2.20

Salted Caramel Tulip Muffin V,HF	£2.20
Triple Chocolate Muffin V,HF	£2.20
Vegan Lemon Poppy Muffin	£2.20
Premium Chocolate Brownie V,HF	£2.20
Lemon Drizzle Loaf Cake V,HF	£2.20
Jumbo Jam Doughnut V,HF	£2.20