

## ■ BREAKFAST / BRECWAST

■■■■■■■■ All our meat sourced from our butcher in Bala — locally farmed, premium quality & proudly Welsh!

### In Bread / Mewn Bara

Bacon	£4.95	Sausage & Egg	£6.00
Sausage	£5.05	Vegan Sausage (vg)	£5.95
Double Free Range Egg (v)	£4.85	Bacon & Sausage	£7.60
Bacon & Egg	£6.00	Bacon, Sausage & Egg	£9.10

### Classic Breakfast / Brechwast

Bacon, sausage, free range egg, black pudding, tomato, mushroom, hash brown, baked beans & toast

*Bach is a smaller portion — no black pudding*

**Mawr £12.95 / Bach £9.95**

### Breakfast Burrito

Spiced rice, Welsh sausage, scrambled egg, tomato, mushroom, guacamole, salsa & flour tortilla

**£12.50**

### Avocado & Eggs (v)

Fried or poached free range eggs on sourdough with our signature guacamole

**£9.50**

### Croque Monsieur

Toasted sourdough layered with smoked honey-roast ham & grilled under a rich Welsh cheddar rarebit béchamel

*Make it a Croque Madame — add a free range fried egg — £9.50*

**£8.00**

## ■ BURRITOS

*Served in a warm flour tortilla · fried nachos on the side*

### Barbacoa Beef

Slow-cooked Welsh beef brisket, spiced rice, cheese, cashew sour cream, refried beans, jalapeños & pickled red onion

**£14**

### Peri Chicken

Peri-marinated char-grilled chicken, spiced rice, corn, cheese, cashew sour cream, jalapeños & guacamole

**£13**

### Veggie / Vegan (vg) (v)

Mixed vegetable & bean chilli, spiced rice, refried beans, pickles, cashew sour cream & guacamole

*Add Welsh cheddar to make it Vegetarian — £12.50*

**£11**

## ■ BURGERS / BYRGYRS

*Add a bowl of chips to any burger for £2.50*

### Antur Classic

Welsh steak burger, fried onions, gem lettuce, tomato & house sauce

**£10.95**

### Cheese & Bacon

Steak burger, Welsh cheddar, smoked bacon, fried onions, salad & sauce

**£13.50**

### Tex Mex Loaded

Steak burger, slow-cooked barbacoa brisket, cashew sour cream, cheese, jalapeños, pickled onions & salad

**£14**

### Welsh Rarebit Loaded

Steak burger, rarebit cheese sauce, smoked bacon, free range fried egg, salad & sauce

**£14.50**

### Vegan Burger (vg)

Plant-based patty, vegan mayo, gem lettuce, tomato & pickles

**£11.50**

■ **BOX MEALS**

*All box meals available with spiced rice & salad instead of chips — just ask! ■■*

**Peri Chicken Box** **£13**  
Peri-marinated chicken, spiced rice, cashew sour cream, guacamole & pickles

**Barbacoa Beef Loaded Fries** **£14**  
Slow-cooked barbacoa brisket on peri fries, cheddar cheese, cashew sour cream, guacamole, pickled onions & jalapeños

**Veggie Loaded Fries (v)** **£12.50**  
Veg & bean chilli on peri fries, cheese, guacamole, cashew sour cream, pickles & jalapeños  
*Can be made vegan on request — just ask to omit the cheese*

■ **TOASTIES**

**Welsh Rarebit Cheese (v)** **£7.50**

**Rarebit with Bacon** **£9.00**

*Add chips to any toastie — £2.50*

■ **SIDES / OCHRION**

**Bowl of Chips (vg)** **£4.75**

**Peri Fries (vg)** **£5.50**

**Cheesy Fries (v)** **£6.50**

■ **COFFEE & TEA / COFFI & TE**

Builders Tea	<b>£2.30</b>	Latte / Flat White	<b>£3.60</b>
Herbal Tea	<b>£2.50</b>	Chai Latte	<b>£3.80</b>
Americano	<b>£3.20</b>	Hot Chocolate	<b>£3.30</b>
Espresso Single/Double	<b>£2.20/£2.60</b>	Deluxe Hot Chocolate	<b>£4.95</b>
Cappuccino	<b>£3.30</b>	Lactose-Free Milk	<b>+£0.70</b>

(vg) Vegan (v) Vegetarian | *Please inform us of any allergen requirements on ordering. All food freshly prepared on site. We regularly use nuts, eggs, gluten and lactose in our kitchen. Fish, mustard and celery also present.*

■ **BURRITO BLASUS BACH — OUR FOOD TRUCK**

Craving Blasus on the go? Our food truck brings the same award-winning flavours straight to your festival, event or street!  
Burritos · Loaded Fries · Box Meals — fresh, bold & proudly Welsh. ■■■■■■■■■■

■ **Award-Winning Welsh Food** · Proud winners at the **Wales Food & Drink Awards 2023 & 2025** — celebrated for bold flavours, local sourcing & a passion for Welsh produce.



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