

Eating Out in the Cardigan Area - 2025 - Bwyta Allan yn Ardal Aberteifi

Enw Name	Cyfeiriad Address		Manylion Details	Dietegol Dietary			E-bost / Gwefan E Mail / Websites	Cyfryngau cymdeithasol Social media
La Fontana Ice Cream Parlour & Coffee House	Bath House Road Cardigan/Aberteifi SA43 1JL	01239 613193	Freshly made Italian food & homemade cakes.	V / VG GF	✓	Outside seating	lafontanacardigan@aol.com	
Pendre Café & Takeaway	1 Pendre Cardigan/Aberteifi SA43 1JL		Fish and Chips café & takeaway	V / VG GF	✓	Guide dogs only	pendrecafe@aol.com	
Mwldan Bar & Café	Bath House Road Cardigan/Aberteifi SA43 1JY	01239 621200	Soft & Alcoholic Drinks Tea, Coffee & Cakes / Cinema snacks Open to All	V / VG GF	✓		https://www.mwldan.co.uk/boxoffice@mwldan.co.uk	https://www.facebook.com/TheatrMwldan
The Copper Pot	High Street Cardigan/Aberteifi SA43 1JS	01239 814872	Bistro & Cocktail Bar With outdoor Secret Garden Hideaway		✓		jamesheneker@hotmail.com	https://www.facebook.com/The-Copper-Pot-100970751385747
Happy City	High Street Cardigan/Aberteifi	01239 612273	Chinese takeaway			Guide dogs only	https://www.happycitychinese.co.uk/info@happycitychinese.co.uk	
Doner House Take away	53 Pendre Cardigan/Aberteifi SA43 1JR	01239 920069	Pizza, Burgers, Milkshake Take away Open 7 days				https://doner-house.co.uk/	
Lluniaeth I'n Llonni, Food for Thought	13/14 High Street Cardigan/Aberteifi SA43 1JL	01239 621863	Teas, Coffees, Home cooked foods, breakfast, lunch, Cakes	V / VG GF	Limited	Guide dogs only	louisetackrell@yahoo.co.uk	https://www.facebook.com/Food-For-Thought-519400921426683/
Greggs Fast Food Bakery	5 Pendre Cardigan/Aberteifi SA43 1JL	01239 801000	A chain bakery that prepares breads, savoury snacks, sandwiches & sweet treats. Sit-In or Takeaway	V / VG GF			https://www.greggs.com/	
Munchies @ Cardigan Guildhall Market	Guildhall Courtyard Cardigan/Aberteifi SA43 1JL	07939 984732	Family run food stall, Breakfast, Lunches, cakes, sandwiches, tea & coffee. Set in the courtyard of Cardigan Market.		✓	✓	munchiescardigan@gmail.com	https://www.facebook.com/profile.php?id=61575054862148
Mister Meze	Cardigan Market Cardigan/Aberteifi SA43 1JL		Fresh vegetarian Meze boxes & hand crafted Mocktails & Smoothies. Daily specials.	V / VG GF			https://www.facebook.com/CardiganGuildhallMarket/timeline/contact@mistermeze.uk	
Nook & Noble Café	Unit 15 Canolfan Teifi, Cardigan/Aberteifi SA43 1JL		Gourmet Speciality Coffee & Tea Café. Serving delicious cakes & pastries. Indoor & outdoor seating. A fun pre-school play area. Board games for older kids & grown-ups.	V / VG GF	✓	✓		https://www.facebook.com/profile.php?id=61557946116247
Coffee1	Pendre, Cardigan/Aberteifi SA43 1JL	01239 614134	Local chain café serving up gourmet global coffees, juices & snacks in a relaxed space.	V / VG GF	✓			https://www.coffee1.co.uk/location/s/cardigan/
Cardigan Bay Brownies	56 Pendre, Cardigan/Aberteifi SA43 1JR	01239 611733	Brownies – Cake – Snacks - Hot Drinks etc Take away - limited seating inside	V / VG GF			https://www.cardiganbaybrownies.co.uk/hello@cardiganbaybrownies.co.uk	https://www.facebook.com/cardiganbaybrownies/
Cardigan Arms Fish & Chips Café & Takeaway	3 College Row Cardigan/Aberteifi SA43 1LL	01239 614969	Fish and Chips café and takeaway		No	Guide dogs only		https://www.facebook.com/Finch-Square-Cafe-Shop-107018093972317/

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19 Below Gelato	High Street Cardigan/Aberteifi SA43 2LN	07790 428302	Finest gelato using local Carningli milk. Smoothies, milkshakes & hot waffles and pancakes	V / VG GF				
The Big Bite Cardigan	29C High Street Cardigan SA43 1JG	01239 613006	Take away Sandwich shop					
Black Lion Hotel Cardigan	29 High Street Cardigan SA43 1HJ	01239 612532	Traditional Pub & Hotel Open for Breakfast – Lunch – Dinner Pub Open 9am – 10pm Daily	V / VG GF	Limited No toilets	Guide dogs only	enquiries@blacklioncardigan.co.uk	https://www.facebook.com/profile.php?id=61579398835430
Crowes	Black Lion Mews Cardigan/Aberteifi SA43 1HJ		Vegetarian/vegan café - Courtyard seating Take away available	V / VG GF				https://www.facebook.com/crowescardigan/
DeeGee's Diner	Chancery Lane Cardigan/Aberteifi SA43 1HD	01239 613322	A quaint Diner just off the High Street Serving home cooked meals, diner menu & specials, Sunday Lunch.	V			tania63@hotmail.co.uk	https://www.facebook.com/deegeesdiner/
Bara Menyn Bakehouse	6B Chancery Lane Cardigan/Aberteifi SA43 1HA		Award-winning, artisan bakehouse, crafting loaves, pastries, sandwiches & pizza from organic & stoneground flours. Hot Drinks					https://www.facebook.com/baramennynbakehouse/?locale=en_GB
Priory Café & Branney's Restaurant	Priory Street Cardigan/Aberteifi SA43 1BZ	01239 615167	Teas, Coffees, Light meals lunches, dinners & Sunday Lunch.	V / GF	Limited No toilets	Guide dogs only		https://www.facebook.com/Branneys-Priory-Restaurant-280732871942792/
Ny's Foods Chinese Takeaway	10 Priory Street Cardigan/Aberteifi SA43 1BU	01239 920614	Chinese Takeaway *Closed Tuesdays* 5pm – 9:30pm					
Crwst Artisan Bakery	9 Priory Street Cardigan/Aberteifi SA43 9BU	01239 842338	Artisan Bakery, Deli, Bistro & Bar Serving homemade brunch, bread, bakes, doughnuts, & coffee!	V / GF	✓	✓	contact@crwst.cymru https://crwst.cymru/	https://www.facebook.com/crwst/
Finch Station Shop and cafe	Finch's Square, Cardigan/Aberteifi SA43 1BS	07507 946009	Family run Café with a taste of Welsh Hospitality. Breakfasts – Lunches - Pop up evenings. Take aways	V / VG GF	✓	✓	https://www.finchstation.co.uk/sean@finchstation.co.uk	https://www.facebook.com/profile.php?id=61558503102294
Rominos Pizza & Grill Takeaway	1 Finch Square Cardigan/Aberteifi SA43 1BS	01239 614142	Pizza, Kebab, Burgers Take away Open 7 days				https://rominospizza.co.uk/about	
Ali's Tandoori Takeaway	2 Finch Square Cardigan/Aberteifi SA43 1BS	01239 621069	Ali's Tandoori – Takeaway Take away Open 7 days	V / VG			https://www.alis-tandoori.co.uk/	https://www.facebook.com/AlisTandooriCardigan
Seyran's Pizza Takeaway	38 St Mary Street Cardigan/Aberteifi SA43 1ET	01239 613463	Pizza, Kebab, Burgers Takeaway Open 7 days				https://seyranspizza.co.uk/5UTd	
Bocs * Du Street food	Pwllhai Cardigan/Aberteifi SA43 1DB		Wood fired Street food @ The Old Pigeon Shed				bocsdu@gmail.com	https://www.facebook.com/profile.php?id=61556144023248
Jakes Cocktail Bar	45 St Mary Street Cardigan/Aberteifi SA43 1HA		A vibrant bar where Latina flair meets laid-back sophistication. Serving a selection Latina inspired light bites & hand-helds. Tacos, salads, nachos, etc.		✓	✓	https://www.jakestacos.uk/jake@jakestacos.uk	https://www.instagram.com/jakestacos/
Yr Hen Printworks	Carrier's Lane Cardigan/Aberteifi SA43 1FA	01239 612646	Small Plates / Tapas Bar Restaurant Drink Dine Unwind	V / VG GF	✓		contact@yrhenprintworks.co.uk http://yrhenprintworks.co.uk/	https://www.facebook.com/YrHenPrintworks/

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Stiwdio 3 Cafe & Craft Courses	3 High Street Cardigan/Aberteifi SA43 2LN	01239 758088	café & a retail shop also highest quality, fun craft workshops				hello@stiwdio3.cymru https://www.stiwdio3.cymru/	https://www.facebook.com/stiwdio3cafe/
Belotti's Deli & Café	2 High Street Cardigan/Aberteifi SA43 1HJ	01239 621713	Italian & Welsh fusion deli. Breakfast, Homemade pastas/pizzas.			Guide dogs only	maria.mark.belloti@btinternet.com	https://www.facebook.com/BelottisDelicatessenCoffeeHouse/
Hive - Honey Ice Cream - Hufen Iâ Mel	37 High Street Cardigan/Aberteifi SA43 1HE		Honey Ice Cream - Hufen Iâ Mel	V / VG GF			https://www.thehiveaberaeron.com/	
Mannucci's Italian	1 High Street Cardigan/Aberteifi SA43 1HU	01239 920517	Bistro serving authentic Italian dishes. Open for Lunch, Dinner & Takeaway	V / VG GF			hello@mannuccis.com http://www.mannuccis.com/	https://www.facebook.com/Mannuccis
Caffi'r Castell Castle Café & Cellar bar	High Street Cardigan/Aberteifi SA43 1HU	01239 621882	Breakfast, Lunch, Home -made cakes, teas. Cellar Bar open Thurs, Fri & Sat till midnight	V / VG GF		✓ Free sausage	yseler@gmail.com info@cardigancastle.com	https://www.facebook.com/thecellarbarcardigan
Cegin 1176 @ Cardigan Castle	2 Bridge Street Cardigan/Aberteifi SA43 1JA	01239 562002	Breakfast, Lunch, Afternoon tea, Sunday Lunch	V / V GF		Guide dogs only	tom@holdenscatering.com https://cardigancastle.com/dining/	
Grosvenor Pub & Restaurant	Bridge Street Cardigan/Aberteifi SA43 1HY	01239 613792	Classic pub food Sunday Lunch			Yes on slate floor area	http://www.grosvenorcardigan.co.uk/enquiries@grosvenorcardigan.co.uk	https://www.facebook.com/grosvenorcardigan/
Pizzatipi	Cambrian Quay Cardigan/Aberteifi SA43 1EZ	01239 612259	Wood fired handmade pizza, coffee, cakes Local craft beers & wine.		✓	✓	www.pizzatipi.co.uk pizzatipi@coldatnight.co.uk	https://www.facebook.com/pizzatipi
Fisherman's Rest Coffee Shop	Quay Street Cardigan/Aberteifi SA43 1HR	01239 612359	Restaurant & Coffee shop Serving Tea, coffee & cake light bites. Fresh Fish Monger - Catch of the day on site		✓	✓	thefishermans.rest@btconnect.com https://www.facebook.com/CatchoftheDayCardigan	https://www.facebook.com/CatchoftheDayCardigan/
New life Church Café	Lower Mwldan Cardigan/Aberteifi SA43 1HR	01239 615864	Café - Serving homemade soups & cakes, a variety of hot & cold foods also breakfast & cream teams. Children's play area & activity centre	V / GF	✓	Guide dogs only	https://newlifewales.org.uk/cafe/ newlifewales@aol.com	
Abdul's Tandoori Indian	2 Royal Oak Quay Street Cardigan/Aberteifi	01239 621416/ 615371	Restaurant & take away. (Bring your own alcohol if required)		✓	Guide dogs only	www.abdultandoorispice.com	https://www.facebook.com/AbdulsTandoori
Shampan Royal Indian Boat	River Teifi Cardigan/Aberteifi SA43 1HR	01239 621444	Indian Restaurant & Take away. A floating boat restaurant docked on the river Teifi.			Guide dogs only	https://shampancardigan.co.uk/index.html monirsean09@yahoo.com	https://www.facebook.com/cardiganshampan/
Cafe & Bar at the Albion	Bridge Warehouse Cardigan/Aberteifi SA43 3AA	01239 623633	Enjoy a coffee and cake by day. Yr Odyn dining will be open for special events and collaborations.	V / VG GF	✓	✓	https://www.albionaberteifi.co.uk/yr-odyn albion@coldatnight.co.uk	https://www.instagram.com/albionaberteifi/
The Castle Inn / Burnard's castle	1 Castle Street Cardigan SA43 3AB		A historical pub on the riverside Pizzatipi winter residence at Castle Inn. Bar snacks – Hot Sausage rolls		✓	✓	https://www.pizzatipi.co.uk/castle@coldatnight.co.uk	https://www.facebook.com/bernardscastle/ https://www.instagram.com/bernardscastle
Station Cafe	Station Road Cardigan/Aberteifi SA43 3AD	01239 920067	Café serving All day breakfast, lunch & light bites. Take away available	V / VG		✓		https://www.facebook.com/p/StationCafe61556713220403/?locale=fo

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The Cabin	Parc Piliau, Cardigan/Aberteifi SA43 3AL	07907 284558	Fast food take-away					
Munch Box	6 Parc Teifi, Cardigan/Aberteifi SA43 1EW	07547 400044	Fast food take-away					
White Hart Community Inn	St Dogmaels Nr Cardigan/Aberteifi SA43 3EA	01239 615955	Traditional pub serving lunches & evening meals, using locally sourced products-Sunday Lunches.	V / VG GF			http://www.whci.cymru/	https://www.facebook.com/whci2022/
Môr Ffein Fish & Chips	2 High Street St Dogmaels SA43 3ED	01239 613814	Traditional fish and chips Take away and Restaurant	V / VG GF			http://www.morffein.co.uk/	https://www.facebook.com/morffein
The Coach House Visitor Centre & café	Shingrig St Dogmaels Cardigan/Aberteifi SA43 3DX	01239 615389	Serving delicious selection of homemade food & cakes. Hot & Cold drinks	V / VG GF	✓		https://www.stdogmaelsabbey.org.uk/cafe.php info@stdogmaelsabbey.org.uk	
Ferry Inn & Restaurant	St Dogmaels Nr Cardigan/Aberteifi SA43 3LF	01239 615172	Riverside Pub & Restaurant with outside seating area & river views	V / VG GF			ferryinn@hotmail.co.uk www.ferry-inn.co.uk	https://www.facebook.com/theferryinnriverside
Teifi Waterside Hotel –	Poppit Sands St Dogmaels SA43 3LN	01239 612085	Bar meals & Restaurant Fresh seafood during season & local produce.	V			teifiwatersidehotel@gmail.com https://teifiwatersidehotel.co.uk/	https://www.facebook.com/teifiwatersidehotel/
Crwst @ Poppit Sands	Poppit Sands St Dogmaels SA43 3LN	01239 623530	Café with a range of homemade food, coffee, cold drinks, & ice cream	V / VG GF			contact@crwst.cymru	https://www.facebook.com/crwst
Penrallt Garden Centre & Pavilion Café	Moylegrove Cardigan/Aberteifi SA43 3BX	01239 881295	Serving morning coffee, lunches & afternoon tea & Sunday lunches	V / VE	✓		enquiries@penralltnursery.co.uk https://penralltnursery.co.uk/cafe/	https://www.facebook.com/penralltgardencentre/
Pen y Bryn Arms Pub & Restaurant	Pen y Bryn Cilgerran SA43 3NJ	01239 613399	Closed Mondays. Home cooked meals & Sunday lunches	V / GF	Limited	✓		
Glass House Café	Welsh Wildlife Centre Cilgerran SA43 2TB	01239 621600	Locally sourced organic foods. Teas, Coffees & Cakes in the nature reserve	V / VG GF	✓	Outside seating	www.welshwildlife.org.uk	
The Rampin (Masons Arms)	The George Cnwce Cilgerran SA43 2SR	07989 990461	The George Take Away Burgers, Hot Dogs, Loaded Fries, Pizza Curry & Mor.... Outdoor Seating area		✓	✓		https://www.facebook.com/profile.php?id=100083329902940
Coracles Fish & Chips	Llechryd, Cardigan/Aberteifi SA43 2NR	07538 628396	Coracle Fish & Chips Llechryd Eat in & Take Away					https://www.facebook.com/coraclefishandchipsllechryd
Penllwynddu Inn Pub & Restaurant	Llandygwydd Nr Cardigan/Aberteifi SA43 2LY	01239 682533	Little Country Pub, cosy dining area. Sunday lunches	V / VG GF	Limited	✓		https://www.facebook.com/Penllwynddu/

Eating out in & around Newport, Crymych & Cenarth area 2025 / Bwyta Allan yn Ardal Trefdraeth, Crymych & Cenarth

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Dining Room & Secret Garden Pods @ Llys Meddyg	East Street Newport SA42 0SY	820008	Dining Room & Secret Garden Pods the emphasis is on simplicity, with local fresh fish, seafood, meats and salads being the stars.	V / VG GF	✓	✓	https://www.llysmeddyg.com/restaurant-bar/info@llysmeddyg.com	
The Golden Lion Hotel	East Street Newport SA42 0SY	820321	Restaurant, bar or garden areas, Serving food that is lovingly prepared from the finest local ingredients	V / VG GF	✓	✓	info@thegoldenlion.co.uk	
PWNC CAFÉ	Old Sessions House East Street Newport SA42 0SY	820100	Family friendly cafe with an emphasis on healthy meals, treats and coffee	V / VG GF			info@pwnc.co.uk	https://www.facebook.com/pwnccafe/
The Canteen	Market Street Newport SA42 0PH	820131	Handmade stone baked pizza	V / VG GF			https://www.thecanteennewport.com/	https://www.facebook.com/thecanteennewport/
Tides Kitchen & Wine Bar	Market Street Newport SA42 0PH	820777	Seafood restaurant				https://www.facebook.com/marketstreetnewport/?_rdr_tideskitchenandwinebar@gmail.com	
Blas at Fronlas	Market Street, Newport, SA42 0PH	820065	Fully licensed Café open for Breakfast & Lunch Indoor & outdoor seating	V / VG GF	Limited	✓	https://www.blasatfronlas.com/cafe/blas.fronlas@gmail.com	
Castle Inn	Castle Inn Newport SA42 0TB	820742	Family-run pub and restaurant serving traditional pub meals, hearty and good quality ingredients.	V / VG GF	✓	✓	https://www.castleinnpembs.co.uk/	https://www.facebook.com/CastleInnPembs
Royal Oak	West Street Newport SA42 0TA	820632	Traditional Pub food	V / VG GF	✓	✓	info@theroyaloaknewport.co.uk	https://www.facebook.com/theroyaloaknewport
Morawelon Fish & Chips	Parrog Road Newport SA42 0RW	820565	Fish and Chip shop style takeaway menu.	V / VG GF			https://www.campsitepembrokeshire.co.uk/restaurant-and-cafe/morawelonparrog@gmail.com	https://www.facebook.com/nickymorawelon#
The Manor Bar and Restaurant	Llwyngwair Manor Newport SA42 0LX	820498	The Manor Bar and Restaurant Sunday Lunch: Served every Sunday from Mother's day to Late October	V / VG GF	✓		https://www.pembrokeshireholidaypark.co.uk/Newport/things-to-do/Onsite/Bar	enquiries@pembrokeshireholidaypark.co.uk
Cat Rock Café @ Newport Links Golf Course	Golf Course Road Newport SA42 0NR	820244	Eat, drink and relax overlooking Newport beach on the beautiful Pembrokeshire coast.	V / VG GF	✓	✓	info@catrock.co.uk	https://www.facebook.com/catrockpembs
Pink Café	Temple Bar Nevern Newport							
The Salutation Inn	Felindre Farchog, Crymych SA41 3UY	820564	Traditional Pub food		✓	✓		
Blasus @ Henllys	Castell Henllys Meline SA41 3UR		Hot food served from 10am - 3:30pm					
Caffi Celt @ Dyfed Shire Horse Farm	Trelew Eglwysrwrw SA41 3SY	891107	Caffi Celt offers lite-bite meals as well as offering a take-away service. All welcome		✓	✓	https://dyfedshires.co.uk/opening-times/cafe/info@dyfed-shires.co.uk	https://www.facebook.com/DyfedShires/

Eating out in & around Crymych & Cenarth area 2025 / Bwyta Allan yn Ardal, Crymych & Cenarth

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Crymych Arms Inn	Crymych SA41 3RJ	831435	Community Pub Sunday lunch				crymych.arms@gmail.com	https://www.facebook.com/Crymych/?locale=en_GB&_rd=1
Blasus Café	Y Sgwar Crymych SA41 3QE	831792	Café serving homemade cakes, bakes and meals to compliment a good cup of coffee				Blasuscymru@gmail.com	https://www.facebook.com/blasuscymru1/
Cegin 24 Fish & Chips Shop	Newport Road Crymych SA41 3RN		Family-run fish and chips shop, nestled in the heart of Crymych					https://www.facebook.com/p/Cegin-24-61562572935222/
Llaeth Deri Milk 24hr	Maesyderi, Boncath SA37 0JF		24hr self-service vending machine Serving Milk & Milkshake, sweets pouches, Brownies /Blondies & Eggs					https://www.facebook.com/llaethderi1/
Ffynnone Arms	Newchapel, Boncath, SA37 0EH	01239 841800	Traditional Pub, Homemade Food using Local Produce. Sunday carvery	V / VG GF	✓	✓	https://www.ffynnonearms.co.uk/	https://www.facebook.com/Ffynnonearms/
Nags Head	Abercych SA37 0HJ	01239 841200	Riverside gastro pub with rooms		Limited	✓	http://www.nagsheadabercych.co.uk/ info@nagsheadabercych.co.uk	https://www.facebook.com/nagspub2/?ref=br_rs
Phat Forks @ Cenarth Falls Resort	Cenarth Falls SA38 9JS	01239 710345	Restaurant offering delicious food inspired by street cuisine from around the world. Open to all. Sunday lunch featuring 'Loaded Yorkshire Puddings.	V / VG GF	✓	✓	https://www.phatforks.co.uk/	https://www.facebook.com/profile.php?id=61550812417381
Salmon Leap Café	Cenarth Falls SA38 9JP		Breakfast, lunch, coffee, homemade & locally sourced cakes & puddings.					https://www.facebook.com/Salmon-Leap-Cafe-101283402498430
Ty Te Cenarth	Cenarth Falls SA38 9JL	01239 712881	Café serving Breakfast, lunches & afternoon teas Sunday Lunch, Cream Parlor	V / VG GF	✓	Outside seating	enfyswyse@icloud.com	https://www.facebook.com/tytecenarth/
White Hart	Cenarth Falls SA38 9JL	01239 710305	Bar & Restaurant meals, play area, Afternoon Teas & Takeaway available. Outside seating.	V / VG GF	✓	✓	whitehartcenarthfalls@hotmail.com https://www.whitehartcenarth.co.uk/	https://www.facebook.com/CenarthFalls
Three Horseshoes Inn & T-Bones Steakhouse	Cenarth Falls SA38 9JL	01239 710119	Traditional Pub, Home cooked food, Sunday Roasts. Outside seating	V / VG GF	Limited	✓	https://www.threehorseshoescenarth.com/ threehorseshoescenarth@gmail.com	https://www.facebook.com/Three-Horseshoes-Inn-Cenarth-565781797173263/
The Deli @ Cenarth	The Deli Cenarth Falls SA38 9JL	01239 920774	Deli & Gift shop. Take-away Home-made cakes & bakes, hot & cold Drinks - Deli counter.	V / VG GF			https://www.thedeliatcenarth.com/	https://www.facebook.com/p/The-Deli-at-Cenarth-61566581330986/

Eating in & around Aberporth, Tresaith & Llangrannog area 2025 / Bwyta Allan yn Ardal Aberporth, Tresaith & Llangrannog

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Gwbert Hotel & The Flat Rock Bistro	Gwbert on Sea nr Cardigan/Aberteifi SA43 1PP	01239 612638	Open daily 12 noon – 2.30pm & 6.30pm – 9pm. Large decking area outside with sea views.	V / VG GF	✓	Outside seating	reservations@gwberthotel.com www.gwberthotel.com	https://www.facebook.com/Gwberthotel/
Cliff Hotel Bar & Restaurant	Gwbert on Sea nr Cardigan/Aberteifi SA43 1PP	01239 613241	Bar Meals, Chef's Specials Food with spectacular sea views. Afternoon Tea (Booking essential)	V / VG GF	✓	Guide dogs only	reservations@cliffhotel.com www.cliffhotel.com	https://www.facebook.com/theciffhotelandspa
Cardigan Golf Club	Gwbert on Sea nr Cardigan/Aberteifi SA43 1PR	01239 621698 621035	Open to non-members for bar meals & Sunday lunches. Patio area with views over Cardigan Bay	V / VG GF	✓	Guide dogs only	cgc@btconnect.com https://www.cardigangolfclubkitchen.com/ http://www.cardigangolf.com/	https://www.facebook.com/cardigangolf/
Llaeth Tyhen Milk 24hr	Ferwig Cardigan/Aberteifi SA431QJ		24hr self-service vending machine Serving Milk & Milkshake & Eggs					https://www.facebook.com/ffermtyhen?locale=en_GB
Caban Mwnt	Mwnt Beach Cardigan SA43 1QH	01239 612408	Take away Café - Hot Food - Tea, Coffee - Homemade Cakes - Ice creams and lots more.....			✓		https://www.facebook.com/Mwntkiosk/?locale=en_GB
Felinwynt Cafe and Playbarn	Felinwynt, Nr Aberporth Cardigan/Aberteifi SA43 1RT	07896 777894	Tearoom & Play Barn with a soft play area for 0–10-year-olds. Breakfasts, light bites, fresh filled sandwiches, cakes, freshly brewed coffee & teas.	V / VG GF	✓	X	https://felinwyntplaybarn.wixsite.com/playbarn	https://www.facebook.com/FelinwyntCafeandPlaybarn
Hotel Penrallt	Aberporth Cardigan/Aberteifi SA43 2BS	01239 810088	The Penrallt Hotel is a family-owned, luxury hotel	V / VG GF		✓	stay@penrallthotel.co.uk http://www.penrallthotel.co.uk/	https://www.facebook.com/penrallthotel
Ship Inn Pub & Restaurant	Aberporth Cardigan/Aberteifi SA43 2JL	01239 810822	Traditional pub food Bar & restaurant meals with Sea Views	V / GF Limited option	✓	✓	https://www.shipaberporth.co.uk/	https://www.facebook.com/shipaberporth/
Shibwns Café	Banc y Dyffryn Aberporth SA43 2EN	07527 792324	Café · Coffee shop Breakfast – Lunch – Snacks. Indoor and outdoor seating	V / VG GF	✓	✓	inquiries@shibwns.co.uk	https://www.facebook.com/profile.php?id=61574011766199
Sugandha Indian Restaurant & Take away	Banc y Dyffryn Aberporth SA43 2EN	01239 811501	High quality authentic Indian food prepared by our experienced chefs. Open 7 days a week				www.sugandha-aberporth.co.uk	https://www.facebook.com/sugandhaaberporth
Water's Edge Cafe	Aberporth SA43 2DD	01239 811977	Beach Café Just above the beach & car park.	V / VG GF		Outside seating		https://www.facebook.com/watersedgedcafeaberporth
Aberporth Village Hall	Ffordd Newydd Aberporth SA43 2JH	07930 995314	Fresh Home-made lunch available Every Thursday 11:30am -1:30pm Plus coffee mornings. All welcome		✓		https://www.aberporthvillagehall.co.uk/ info@aberporthvillagehall.co.uk	https://www.facebook.com/AberporthVillageHall
Cwtch Glanmordy Café	Cwtch Glanmordy Aberporth SA43 2EX.	07903 573025	Beach Hut Cafe Takeaway Ice cream with sea views Cocktail and Barbecue Nights			✓		https://www.facebook.com/Cwtch-Glanmordy-Aberporth-SA43-2EX-849117478515856

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The Ship Inn Pub & Restaurant	Tresaith Cardigan/Aberteifi SA43 2JL	01239 811816	Bar restaurant meals served all day in season, beer garden, great sea view Sunday Lunch	V / VG GF	✓	✓	ShipInn.Tresaith@marstons.co.uk https://www.shipinnpubcardigan.co.uk/	https://www.facebook.com/TheShipInnTresaith
Bryn Berwyn Country House	Tresaith Cardigan SA43 2JG	01239 545028	Family run boutique B&B, serving lunches and drinks		✓	✓	henry@brynberwyn.com https://www.brynberwyn.com/	https://www.facebook.com/BrynBerwynCountryHouse/
Emlyn Café	Tanygroes Aberporth SA38 9BG	01239 810143	Licenced – All home cooked food using fresh home grown produce Seats up to 100	V / VG GF	✓	Guide dogs only	emlyncafe@hotmail.com https://www.cherrypickedfarmshop.co.uk/ cherrypickedfarmshopltd@gmail.com	https://www.facebook.com/caffiemlyntanygroes/
Cherry picked farm Shop @ deli - café	Sarnau Llandysul SA44 6QT	07300 936051	Farm shop & Deli – Hot & cold Drinks Fresh home-made Cake - Pasties – Paninis etc. Some inside seating & covered outdoor seating area	V / VG GF		✓ Outside seating	https://www.cherrypickedfarmshop.co.uk/ cherrypickedfarmshopltd@gmail.com	https://www.facebook.com/siopffermcherrypicked/
New Inn Pub & Restaurant	A487 Pentregat nr Llangrannog SA435PT	01239 654285	Family run bar & restaurant Breakfast, lunch & Dinner Sunday Carvery	V / VG GF			Newinn_ceredigion@outlook.com	https://www.facebook.com/NewInn.Ceredigion/
The Plwmp Tart	Penbryn Beach Sarnau SA44 6QL	01239 758100	Local cafe just 5 mins walk from the beach serving light lunches, home baked cakes & great coffee	V / VG GF	✓	✓	theplwmp Tart@gmail.com	https://www.facebook.com/The-Plwmp-Tart-Penbryn-Beach-491316017669529/
Y Bryn a'r Bragdy	Brynhoffnant Llandysul	01239 611890	Handmade Wood Fired Pizzas, Burgers & other delicious dishes. Brewed-on-site Craft Beers	V / VG GF			https://y-bryn.com/ enquiries@y-bryn.wales	https://www.facebook.com/YBrynarBragdy
The Pentre Arms Pub & Restaurant	Llangrannog SA44 6SP	01239 654345	Award Winning Bar & Restaurant Sea front location with spectacular views.	V / VG GF	Limited No toilets	✓	enquiries@pentreams.co.uk https://pentreams.co.uk/	https://www.facebook.com/PentreArms/
Caffi Patio Ice Cream Shop	Llangrannog SA44 6SP	01239 654502	Light snacks & refreshments available, Ice Cream a speciality		✓ but Standard door to toilet	Outside seating	https://caffipatio.wales/	https://www.facebook.com/pages/Caffi-Patio/286375644801755
The Beach Hut Café & Takeaway	Llangrannog SA44 6SN	01239 654642	Family run Cafe and fish & chip shop, serving honest home cooked food.	V / VG GF		Outside seating	eat@thebeachhutwales.co.uk www.eat@thebeachhutwales.co.uk	https://www.facebook.com/The-Beach-Hut-105476402837944
Tafell a Tân Pizza	Flat 1 Letty Fach Llangranog Sa44 6SW	01239 654675	Dine-in & take away pizza				https://www.tafellatanpizza.co.uk/contact@tafellatanpizza.co.uk	https://www.facebook.com/tafellatanpizza/

The staff at your local Tourist Information Centre have compiled this list in good faith from information made publicly available by businesses in the area. Inclusion on the list does not equate to official endorsement by Ceredigion County Council or Visit Wales. If you have any special or specific requirements, we recommend that you contact the outlets direct to avoid disappointment. You can check Food Hygiene Scores on the Food Standards Agency Wales website <http://www.food.gov.uk/wales> or download the app <http://ratings.food.gov.uk/default/en-GB>

Staff eich Canolfan Groeso leol sydd wedi cydlynnu'r rhestr yma gyda phob ewyllys da o wybodaeth wneir yn gyheoddus gan y busnesion eu hunain. Nid yw cynnwys busnes ar y rhestr yma'n crybwyll cymeradwyaeth swyddogol gan Gyngor Sir Ceredigion na Croeso Cymru. Os oes angen rhywbeth arbennig neu benodol amoch chi, argymhellwn eich bod yn gwirio'n unlongrychol gyda'r busnes er mwyn osgoi unrhyw gamddealltwriaeth. Gallwch wirio sgor hylendid neu lawrlwytho app. ar wefan yr Asiantaeth Safonau Bwyd/ Food Standards Agency – Cymru. <http://ratings.food.gov.uk/default/cy-GB>

V / Vegetarian VG / Vegan GF / Gluten Free