



Corinne Castle

Transition Cafe &  
Surplus Food  
Project



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# A movement of communities coming together to reimagine and rebuild our world

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# Transition Bro Gwaun

a community initiative





















# Starters £2.50 Cwrs cyntaf

- + Tomato soup
- + spicy carrot + parsnip soup.

# Mains £3.75 Prif gwrs

- + Roast veg quiche / peppers aubergine / mushroom & onion
- + Potato, cheese & onion pie (GF)
- + Tuna fish cakes (slightly spicy!) (GF)
- + TOM. garlic + onion pizza
- + Cheese + tomato Quesadilla (toasted tortilla sandwich)

# Puddings £2.50 Pwdin

- + Fresh fruit jellies (GF)
  - + mixed fruit crumble
  - + Apricot bread + butter pudding
- with custard (or cream 50p extra)

# Croeso

Welcome to

# Transition Surplus

# Food Cafe

## Children's Menu

- Soup / Jacket potatoes
- Beans/spaghetti on toast
- Pizza toast
- Fruit Salad/jellies

Children under 12 eat for £2.00

Please ask about FOOD ALLERGENS

# Drinks

- Fresh coffee £1.75
- Instant coffee 75p
- Mug of tea 75p
- Speciality tea £1.00
- Hot chocolate £1.50
- Soft drinks 75p
- Cupa soup 75p
- Local apple juice £1.00















# FOOD for LONDON

Evening Standard Campaign



**MODERN LIFE IS RUBBISH**  
LIFTING THE LID ON FOOD WASTE HABITS IN BRITAIN TODAY

Waste less  
Save more

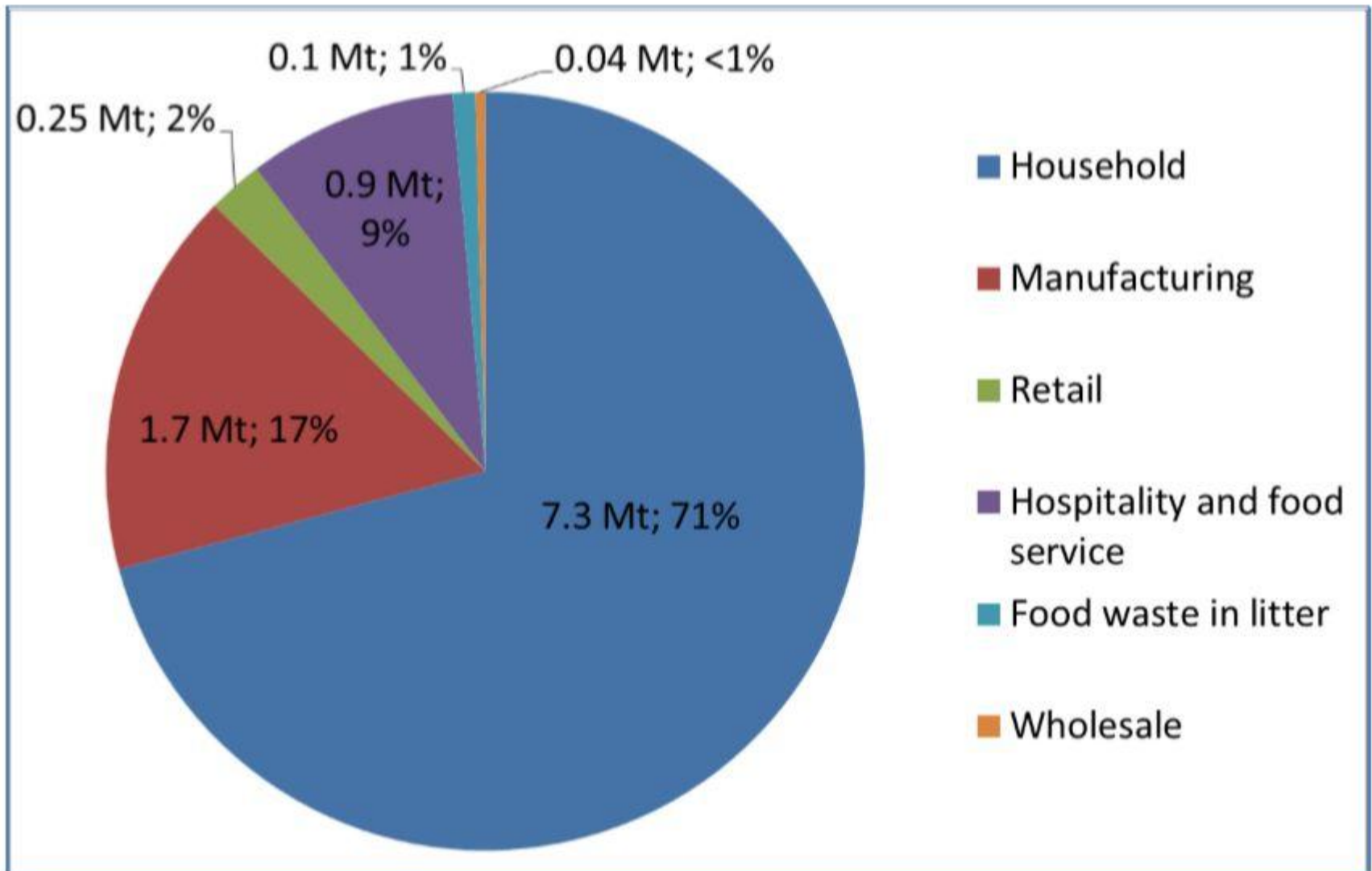




# FareShare

fighting hunger, tackling food waste

**Figure 1:** Amounts of food waste arising in the UK by sector (total post-farm-gate = ca. 10 Mt)\*



# Transition Bro Gwaun Surplus Food Project & Community Cafe



**Community Survey - Summer 2016**



Make a Meal of It

'Too good to waste'  
'Rhy dda i'w wastraffu'

