Corinne Castle

Transition Cafe & Surplus Food Project
A movement of communities coming together to reimagine and rebuild our world

Tell me more
Transition Bro Gwaun
a community initiative
Starter £2.50 Cwrw cynaf
+ Tomato soup
+ Spicy carrot & parsnip soup.

Mains £3.75 Prif gwers
+ Roast veg quiche, pepper, aubergine, mushroom & onion
+ Potato, cheese & onion pie
+ Tuna fish cakes (slightly spicy) GF
+ Tomato garlic & onion pizza
+ Cheese & tomato quesadilla (toasted tortilla sandwich)

Puddings £2.50 Pudlin
+ Fresh fruit jellies GF
+ Apricot bread & butter pudding
+ Mixed fruit crumble

Children's Menu
Soup / jacket potatoes
Beans/spaghetti on toast
Pizza toast
Fruit salad / jelly

Children under 12 eat for £2.00

Croeso Welcome to Transition Surplus Food Cafe

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

Please ask about FOOD ALLERGENS
Transition Redistribution Of Food

Designed by Pupils of Ysgol Bro Gwaun
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)*

- Household: 7.3 Mt; 71%
- Manufacturing: 1.7 Mt; 17%
- Retail: 0.9 Mt; 9%
- Hospitality and food service: 0.1 Mt; 1%
- Food waste in litter: 0.04 Mt; <1%

*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’