

Welcome to STOPIO Narberth.

When you are ready please order at the counter (Next to the Amazing Cakes).

Don't Forget to check out our specials boards on the wall.

Breakfast, Brunch & Lunch from 8am

Natural Yogurt Pot £7 Raspberry Compote, Pistachios & Honey Drizzle

Porridge Bowl £7 Candied Seeds & Caramelised Banana and a choice of - Chocolate & Hazelnut or Maple Syrup

Build A Bap...1 item - £5 / 2-£6 / 3-£7

Choose From - Smoked Back Bacon, Local Sausage, Fried Egg, Mushrooms, Veggie Sausage, Black Pudding

Stacked Pancakes...£10

- Smoked Salmon, Spinach & Poached Egg
- Caramelised Banana, Chocolate & Hazelnut, Fudge Pieces
- Smoked Streaky Bacon, Melted Cheddar & Mushrooms

Brioche French Toast...£10

- Biscoff, Maple Syrup & Smoked Streaky Bacon
- Chocolate, Hazelnut & Caramelised Banana

"Toast" Thick Cut Sourdough Toast with -

£5 Butter & Jam / Biscoff / Nutty Choc / Marmite

£8 Scrambled / Poached / Fried Eggs / Beans / Cheesy Beans / Rarebit

Poached Brekkie...£11, On Toasted Sourdough

2 Poached Eggs, Avocado Smash, Smoked Bacon Crumble, Feta, Roast Tomatoes & Dressing

Fried Brekkie...£12, On Toasted Sourdough

Fried Egg, Chorizo Chutney, Potato Scone, Roast Tomato, Tomato Dressing, Smoked Streaky, Chorizo Crumble

Smoked Brekkie...£12, On Toasted Brioche

Smoked Salmon, Poached Egg, Smashed Avocado

Crushed Potato Cake, Spinach & Cheddar

Stopio Benedict...£12, On Toasted Home-Made Spinach Bread

2 Poached eggs, Avocado Smash, Buttered Spinach & Hollandaise

Add - £2.5 Black Pudding Crumble, Pulled Ham, Streaky Bacon, Smoked Salmon

Pit Stop Breakfast...£11 (Ideal to leave space for cake after)

Thick Cut Toasted Sourdough, Avocado Smash, Buttered Spinach,

1 Smoked Bacon, 1 Local Sausage, Grilled Tomato & Poached Egg

Add On's

Smoked Salmon --

Chorizo Chutney --

Smoked Streaky --

Black Pudding --

Local Pork Sausages --

Veggie Sausages --

Eggs Any Style --

Avocado Smash --

£2.50



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Full Breakfast, £12.5, All Day

Smoked Back Bacon, Mushrooms, Grilled Tomato, Andrew Rees Sausages,
Sauté Potatoes, Fried Egg, Beans, Toasted Sourdough

Vegi Breakfast, £12.5, All Day

Vegi Sausages, Avocado Smash, Grilled Tomato, Mushrooms, Beans, Fried Egg,
Spinach, Sauté Potatoes, Toasted Sourdough

Vegan Breakfast, £12.5, All Day

Vegan Sausages, Avocado Smash, Grilled Tomato, Mushrooms, Beans, Spinach,
Sauté Potatoes, Toasted Sourdough

Stopio Super Salad...£12

Mixed Leaves, Olive Oil & Balsamic, Roast Sweet Potatoes, Tomato Salsa,
Pickled Red Cabbage, Feta, Hummus, Sun Blush Tomatoes & Toasted Seeds

Add - £2.5

Grilled Mozzarella Pesto Toast / Serrano Ham / Smoked Salmon

Homemade Soup...£8 See the specials board

Tatws Bravas...£12

Sauté Potatoes, Chorizo Chutney,
House Chilli Maple Streaky, Fried
Egg, Siracha Mayo, Chorizo Crumb

Tatws Timid...£12

Sauté Potatoes, spinach,
Cheddar Creamed Leeks,
Fried Egg, Baked Cheddar Crumble

Nacho Bowl...£11 – Bean Chilli or Pulled Beef

With – Avocado Smash, Coleslaw, Salsa, Sour Cream, Nacho Cheese

House "Sandwiches" £12 With Leaves, House Seeds & Coleslaw

Open Grilled Toasties on Homemade Cheese Bread

- Pulled Ham, Chorizo, Cheddar Crust, Fried Egg
- Goats Cheese, Homemade Onion Chutney
- Italian Pulled Beef, Mozzarella, Crispy Onions
- Roast Mushrooms, Rarebit, Hazelnuts & Truffle Oil

Open Sandwiches on Toasted Brioche

- Smoked Salmon, Avocado Smash, Spinach
- Chicken Caesar, Streaky Bacon, Parmesan Shavings
- Smoked Paprika Hummus, Leaves, Feta, Siracha Mayo
- Serrano Ham, Sun Blush Tomatoes, Torn Mozzarella

Add a Stopio Salad Bowl £4.5 Pickles, Leaves, Sun Blush Tomatoes, Feta & Roasted Seeds



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