

Eating Out in the Lampeter Area / 2025 / Bwyta Allan yn Ardal Llambed

Enw Name	Cyfeiriad Address		Manylion Details	Dietegol Dietary			E-bost / Gwefan E Mail / Websites	Cyfryngau cymdeithasol Social media
The Falcondale Hotel & Restaurant	Falcondale Drive Lampeter SA48 7RX	01570 422910	Restaurant with Lunch And Dinner Menu Home-made Afternoon tea	V / VG GF	✓	In conservatory	https://www.thefalcondale.co.uk/ info@thefalcondale.co.uk	https://www.facebook.com/falcondale/
Grannys Kitchen	14 High Street Lampeter SA48 7BG	01570 421667	Traditional Cafe & Tearoom Breakfasts and Lunches Sunday Dinner	V / VG GF	✓	✓	https://www.grannyskitchenlampeter.co.uk/ contact@grannyskitchenlampeter.co.uk	https://www.facebook.com/grannyslampeter
High Street Eats	19 High Street Lampeter SA48 7BG		Take away				https://www.highstreeteats.com/	https://www.instagram.com/highst_eats
Canton Kitchen	17 High Street Lampeter	01570 422531	Chinese Takeaway				https://canton-kitchen.uk/	
Black Lion Royal Hotel	High Street Lampeter SA48 7BG	01570 422172	Serving Classic Freshly Cooked Pub Food Breakfast, lunch & dinner	V / GF			https://www.blacklionlampeter.com/ blacklionlampeter@gmail.com	https://www.facebook.com/blacklionhotellampeter/
Town Hall Café Deli	Unit 2 Townhall Lampeter SA48 7BB	01570 421599	Family run café & delicatessen.	V / VG GF	✓	NO	https://www.townhallcafedeli.co.uk/ townhallcafedeli@hotmail.co.uk theroyaloaklampeter@gmail.com	https://www.townhallcafedeli.co.uk/
The Royal Oak Tearoom & Restaurant	38 High Street Lampeter SA48 7BB	01570 218615	Serving great tasting homemade meals & cakes at reasonable prices			✓		https://www.facebook.com/TheStablesLampeter
Chomp-n-go Lampeter	42 High Street Lampeter SA48 7BB	01570 422804	Coffee Shop Breakfast – Brunch – Lunch	✓	✓	✓		https://www.facebook.com/Chompngo/
Artisans Food & Drink Boutique	45 High Street Lampeter SA48 7BB	07790 956438	Boutique coffee shop serving homemade cakes, light meals, specialty drinks. Take away Sunday lunch	V / VG GF		✓	artisanslampeter@googlemail.com	https://m.facebook.com/Artisans-Food-and-Drink-Boutique-728457010567097/
Bwyty McCowans Café	Market Street Lampeter		Independent Coffee shop/ Café & takeaway OPENING SOON	V / VE GF			info@mccowans.uk	
Conti's Café	5 Harford Square Lampeter SA487HD	01570 422223	Freshly prepared meals & light snacks using the best product from local producers.	V / VE GF	No	✓	https://www.contisicecream.com/lampeter/ info@contisicecream.com	https://www.facebook.com/contisicecream/
Deli Kelly	College Street Lampeter		Deli · Sandwich shop · Salad bar. Sit in & take away					https://www.facebook.com/p/Deli-Kelly-61561869933466/
Shapla Tandoori	8 College Street Lampeter SA48 7DY	01570 422076	Authentic Indian Cuisine Serving finest Indian dishes	V / VE GF			https://shaplalampeter.co.uk/ admin@shaplalampeter.co.uk	https://www.facebook.com/ShaplaTandooriLampeter

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Oscar's Den	College Street Lampeter SA48 7DT	01570 421535	Fast food takeaway					
The Mustard Seed Café	7 College Street Lampeter SA48 7DY	01570 423344	Christian café / books & gifts shop. With play area for children to use while you enjoy the café	V / VG GF	✓	X	http://www.mustardseedcafe.org.uk/ contactus@mustardseedcafe.org.uk	https://www.facebook.com/MustardSeedLampeter/
Mulberry Bush Wholefoods Vegetarian Café	2 Bridge Street Lampeter SA48 7HG	01570 423317	Vegetarian Café with yummy grub & live entertainment.	V / VG GF	✓		http://mulberrywholefoods.co.uk/ hello@mulberrywholefoods.co.uk	https://www.facebook.com/mulberrywholefoods/
Lloyds Fish & Chip Shop	4 Bridge Street Lampeter SA48 8BH	01570 422366	Award Winning Traditional family run fish & chip shop. Eat in & take away.				https://lloydsfishandchips.co.uk/	https://www.facebook.com/LloydsFishAndChips
Ling Di Long	13 Bridge Street Lampeter SA48 7HG	01570 422009	Chinese Restaurant & Take Away					https://www.facebook.com/LINGDI LONG
The Nags Head	14 Bridge Street Lampeter SA48 7HG	01570 218517	Traditional pub food			✓		https://www.facebook.com/nagsheadlampeter/
Mark Lane Bakery & Café	15 Bridge Street Lampeter SA48 7HG	01570 422420	Family run bakery & café, fresh goods made daily bread, rolls, sandwiches cakes, hot meals	V / VG GF	X	✓	marklanebakery@btconnect.com	https://www.facebook.com/MarkLaneBakery/
Marco The Takeaway	11 Bridge Street Lampeter	07310 061732	Take away with Indoor seating		✓	✓		https://marcothetakeaway.com/
Nehar Indian Takeaway	10 Bridge Street Lampeter SA48 7HG	01570 422175					https://www.zmenu.com/nehar-indian-takeaway-lampeter-uk-online-menu/	
Joio café	36 Bridge Street Lampeter SA48 7AA	07817 782496	Café & coffee shop serving breakfasts, lunches, cakes, snacks & Teifi Coffee.	V / VG GF		✓	Mayesclaire@yahoo.com	https://www.facebook.com/profile.php?id=100094112115695
Castle Green Inn	Castle Green, Bryn Road SA48 7EF	01570 422348	Traditional Pub Food Sunday Carvery				mybeynon@hotmail.co.uk	https://www.facebook.com/pages/Castle-Green-Inn/149079272410227
Cae Hir Gardens & Tea Rooms	Cribyn, Lampeter SA48 7NG	07538 789180	The Tearoom in 'Y Sied' Delicious home baking, hearty soups & fresh coffee				https://www.caehirgardens.com/tearoom caehirgardens@gmail.com	https://www.facebook.com/caehirgardens/

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 gyhoeddus 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 arnoch chi, argymhellwn eich bod yn gwirio'n uniongyrchol gyda'r busnes er mwyn osgoi unrhyw gamddealltwriaeth Gallwch wirio sgor hyllendid neu lawrlwytho app. ar wefan yr Asiantaeth Safonau Bwyd/ Food Standards Agency – Cymru . <http://ratings.food.gov.uk/default/cy-GB>