







## Eating Out in the Lampeter Area - 2026 - 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	<a href="https://www.thefalcondale.co.uk/">https://www.thefalcondale.co.uk/</a> <a href="mailto:info@thefalcondale.co.uk">info@thefalcondale.co.uk</a>	<a href="https://www.facebook.com/falcondale/">https://www.facebook.com/falcondale/</a>
Grannys Kitchen	14 High Street Lampeter SA48 7BG	01570 421667	Traditional Cafe & Tearoom Breakfasts and Lunches Sunday Dinner	V / VG GF	✓	✓	<a href="https://www.grannyskitchenlampeter.co.uk/">https://www.grannyskitchenlampeter.co.uk/</a> <a href="mailto:contact@grannyskitchenlampeter.co.uk">contact@grannyskitchenlampeter.co.uk</a>	<a href="https://www.facebook.com/grannyslampeter">https://www.facebook.com/grannyslampeter</a>
High Street Eats	19 High Street Lampeter SA48 7BG		Takeaway				<a href="https://www.highstreeteats.com/">https://www.highstreeteats.com/</a>	<a href="https://www.instagram.com/highstreeteats">https://www.instagram.com/highstreeteats</a>
Canton Kitchen	17 High Street Lampeter	01570 422531	Chinese Takeaway				<a href="https://canton-kitchen.uk/">https://canton-kitchen.uk/</a>	
Black Lion Royal Hotel	High Street Lampeter SA48 7BG	01570 422172	Serving Classic Freshly Cooked Pub Food Breakfast, lunch & dinner	V / GF			<a href="https://www.blacklionlampeter.com/blacklionlampeter@gmail.com">https://www.blacklionlampeter.com/blacklionlampeter@gmail.com</a>	<a href="https://www.facebook.com/blacklionhotellampeter/">https://www.facebook.com/blacklionhotellampeter/</a>
Town Hall Café Deli	Unit 2 Townhall Lampeter SA48 7BB	01570 421599	Family run café & delicatessen.	V / VG GF	✓	NO	<a href="https://www.townhallcafedeli.co.uk/townhallcafedeli@hotmail.co.uk">https://www.townhallcafedeli.co.uk/townhallcafedeli@hotmail.co.uk</a>	<a href="https://www.townhallcafedeli.co.uk/">https://www.townhallcafedeli.co.uk/</a>
Chomp-n-go Lampeter	42 High Street Lampeter SA48 7BB	01570 422804	Coffee Shop Breakfast – Brunch – Lunch	✓	✓	✓		<a href="https://www.facebook.com/Chompngo/">https://www.facebook.com/Chompngo/</a>
Artisans Food & Drink Boutique	45 High Street Lampeter SA48 7BB	07790 956438	Boutique coffee shop serving homemade cakes, light meals, and specialty drinks. Take away - Sunday lunch	V / VG GF		✓	<a href="mailto:artisanslampeter@googlemail.com">artisanslampeter@googlemail.com</a>	<a href="https://m.facebook.com/Artisans-Food-and-Drink-Boutique-728457010567097/">https://m.facebook.com/Artisans-Food-and-Drink-Boutique-728457010567097/</a>
Bwyty McCowans Café	Market Street Lampeter	01545 578320	Independent Coffee shop/ Café & takeaway	V / VE GF			<a href="mailto:info@mccowans.uk">info@mccowans.uk</a>	<a href="https://www.facebook.com/reel/2085678618939409">https://www.facebook.com/reel/2085678618939409</a>
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	X	✓	<a href="https://www.contisicecream.com/lampeter/">https://www.contisicecream.com/lampeter/</a> <a href="mailto:info@contisicecream.com">info@contisicecream.com</a>	<a href="https://www.facebook.com/contisicecream/">https://www.facebook.com/contisicecream/</a>
Deli Kelly	College Street Lampeter		Deli · Sandwich shop · Salad bar. Sit in & take away					<a href="https://www.facebook.com/p/Deli-Kelly-61561869933466/">https://www.facebook.com/p/Deli-Kelly-61561869933466/</a>
Shapla Tandoori	8 College Street Lampeter SA48 7DY	01570 422076	Authentic Indian Cuisine Serving finest Indian dishes	V / VE GF			<a href="https://shaplalampeter.co.uk/">https://shaplalampeter.co.uk/</a> <a href="mailto:admin@shaplalampeter.co.uk">admin@shaplalampeter.co.uk</a>	<a href="https://www.facebook.com/ShaplaTandooriLampeter">https://www.facebook.com/ShaplaTandooriLampeter</a>
Y Becws	9 College Street Lampeter SA48 7DY	07779 277314	Breads - Thick shakes – Cakes Doughnuts – Pastries - Ice cream - Breakfast & Hot meat rolls				<a href="mailto:jonesthebread@outlook.com">jonesthebread@outlook.com</a>	<a href="https://www.facebook.com/ybecws/">https://www.facebook.com/ybecws/</a>
Oscar's Den	College Street Lampeter SA48 7DT	01570 421535	Fast food takeaway					

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

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 hylendid neu lawrlwytho app. ar wefan yr Asiantaeth Safonau Bwyd/ Food Standards Agency – Cymru . <http://ratings.food.gov.uk/default/cy-GB>**