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## Conti's Cafe

Last updated: 19 February 2007

Walking into Conti's Cafe is like stepping back in time. The fittings have barely changed since the cafe opened back in the 1930s. The owner, Leno Conti, who's 75, tells how Conti's Cafe has become one of Lampeter's landmarks.



Feb 2007:The Conti Family on BBC Wales' Roy Noble Show

"'I've been the owner of Conti's Cafe in Lampeter for years now. I took over from my father, Arthur Conti, who opened the cafe in Lampeter in 1933.

My parents moved to Wales from Italy before the First World War to escape from poverty. In time, my father opened cafes in Ystradgynlais, Clydach, Ystalyfera, Builth and Lampeter, with another three cafes in Newport, three in Carmarthen and others.

Conti's Cafe in Lampeter is the last remaining cafe and it's very popular with local people and students.

Our ice cream is quite famous and has won National Awards since 1948 - the secret to the ice cream's success is the use of local produce.

I'm 75 years old now and I still enjoy the job because I love meeting people and the cafe's quite well known as a traditional cafe. My wife Daphne and I would like to keep going as long as we can." *By Leno Conti from Lampeter* 

## · Take the photo tour

## your comments

## Rosie Bryant, Cardiff

Yay Conti's! Hot Choc and Ice Cream to die for! & 'The Product Formerly Known as Dodgy-Shoes' who resides in York - I know who you are.

Thu Mar 18 16:56:18 2010

## Bynz. Cwmann

Conti's is beast!! immense ice cream! Mon Sep 28 15:18:47 2009

## Anna Dovey, Surrey

Ahhh, Contis...had many a Conti's chocolate cup in there and drooled over his deserts so much he gave me tasters! Never fulfilled my ambition of having one of the Celebration baskets; must go back. Contis is an integral part of the tapestry of Lampeter life - it's not allowed to close until I finally get out of the rat race, head back to Lampy and complete my long awaited PhD! Mon Jul 13 19:11:12 2009

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Your Say

#### Marino Conti

Hi Jo. I hope you are well. Glad you spotted the deliberate mistake. Yvonne Randall - Leno's Great Grandfather Giacomo married twice. Leno's line is a product of Giacomos first marriage, and you are a product of his second marriage. Giacomos second wife is your Great Grandmother, Maria, Luigi's Mother. I hope this helps! Sun Jul 5 20:17:41 2009

## Gregg Baldwin, London

Just reminiscing a bit and found Lampeter and then of course dear contis, played football with Damian for the town inthe early 90s many a great time was had in the finest cafe I've ever been in !

Fri Apr 17 11:46:20 2009

## S Holland, Florida

How nice to read about Conti's. I was born and brought up in Carmarthen and in the 1950s remember 2 Conti's, one in Lammas St and one in King St. I loved the ice cream and the smell of the coffee.

Sun Apr 5 13:03:28 2009

#### Jo Conti

Hi Catrin, That's such a lovely story!Hi Cecilia! Where in Co Durham are you? Tom's finishing at Durham Uni this year and going on to do Law in London along with his sister Alex who's there already. Oh and Marino I'm Jo without an "E" !!! xx

Thu Mar 26 09:55:48 2009

## **Catrin Griffiths**

When I was a little girl my family often travelled from the Midlands to see various dour and ancient relatives in Fishguard. A long and deadly car journey with mum smoking, and me and my little sister bickering endlessly in the back. The ray of sunshine, if we were really lucky, was a Conti's Ice Cream in Lampeter. We were never allowed the decadent luxury of a '99'(ice cream embellished with a chocolate flake )as mum told us the ice cream was far too good for that. In a way she was right it was delicious, every lick. After ice creams for everybody, spirits raised, the journey was more of an adventure, soon we'd see the sea and the sun was bound to come out. When I taste that ice cream now it's filled with lovely flavours, one of them is my childhood.

Wed Mar 25 14:24:09 2009

### John Harrison, Llanybydder

to visit leno's cafe when i come into town is one of the highlights of my day. The food and drink are great, not to mention the ice cream. Leno is always so friendly and interested in how you are and what you are doing and his girls are lovely and helpful. If only there were more places like conti's the world would be a much better place! Fri Feb 20 14:04:08 2009

The Product Formally Known as Dodgy-Shoes. York.

Conti's should be protected by royal order. Its atmosphere, its ice creams and especially its owner - priceless. When will the government Knight someone who's really made a worthwhile contribution to his community? Seriously, this guy's added more to the town of Lampeter than a hundred 'big business people' could hope to add to the City of London. Just look at the comments. Lampeter is a special place. People like Conti make it that way.

## Gail Bishop (née Moot) Bude

Conti's was where I had my first Knickerbocker Glory while I was a student at Lampeter (1971-1975)and I have never tasted a better one elsewhere - so good to see it is still there.

Thu Oct 23 10:05:12 2008

#### **Chloe Leicester**

Well, I remember a knickerbocker glory being sent to me to eat on the square, brought by Damien on my birthday, because my birthday is the same day as Leno's! My life was not so hot at the time and I was so overwhelmed that I ate it outside, instead of going in to the cafe, I did remember my manners and say thank you though. I can imagine the taste of that ice-cream to this day, even though I am not a dairy eater now.I thought I saw a glimpse of Leno on Gordon Ramsays show not so long ago, at a re-launch of a pub run by another italian family in Wales?? Also, on the throwing out side of things, I only knew of people being chucked out for smelling too strongly of patchouli... and imagine this, despite being known as a "hippy" myself, I absolutely detest that smell too, and always have all the best to you all, from Chloe -ex of Lampeter Mon Jun 30 09:45:09 2008

#### Yvonne Randall nee Conti

Hi Leno, I was a Conti by birth and my father was Marino Conti, born in Bardi. His parents were Luigi and Clotilda Conti. They moved to Wales from Porelli near Bardi. I believe that my grandfather went to live in Aberwstyth before moving to Aberfan and then to Pontypridd. I would love to know if we are connected.

Thu Jun 19 09:10:29 2008

## **Tudor Thomas from Bramhall**

Hello Leo, I know you will remember me for we met a few years ago when I visited your Cafe, and of course we went to school together in Builth Wells during the 1939-1945 war.I trust you are keeping well and like you I am still working at 79 yrs old. Hopefully I will be able to give you a call again in the near future Regards

Tough Thomas !!

Tue Jun 10 12:13:59 2008

#### Marino Conti

Hi Joe, My name is Marino not Merino. The association with sheep lies with the Welsh not Italians.

Mon May 19 09:10:35 2008

## I euan Evans and family, Builth Wells

Happy 80th birthday on the 13th.Enjoy the day and best wishes to all

Mon May 12 08:45:17 2008

### Cecilia Conti

Hi JoI'm Cecilia, Angelo's Daughter sister to Christina, Marino and the late Aldo. I'm married with 2 boys and I live in County Durham. I see your son is at Durham uni which is close to where I live. Please tell Simon I was asking after him. Camilla is visiting in June for Ginas 50th but unfortunately I won't be able to see her. We had some great times in Sydney when I took a gap year, so it will be disappointing to miss her. Take care, cecilia Mon May 12 08:44:43 2008

## Hilary & Sophie Jones, Tasmania

We have many happy memories of Conti's,a warm and friendly haven on cold winter days and the BEST ice cream in town - thank you Leno and the girls.

Sun Mar 2 17:52:29 2008

#### Jo Conti

Hi Robbie,the family were from Bardi, not very far from Parma in the north. Two separate Conti families - My grandmothere and my grandfather married and so most of us in the UK are related, but not in a 'Dualing Banjos' way!Nick and Matt - hi, he's 80 this coming May (13th) I hope you said Hi to him when you were in the shop!S.Miller, sorry but I only know of Camilla in Australia so I can't really help you. And Anja, I did try to leave our phone number but it isn't acceptable practice, so just phone Conti's in Lampeter and they will give it to you.

Fri Feb 8 14:53:24 2008

#### Jo Conti

Hi Dalis, Congratulations on your forthcoming marriage!To Dafydd Evans, re:- Hugh Gillings. CAn you tell him I'm married to Ian (pronounced Yan)Lewis, they were mates. Simon's in London doing something in advertising. If he phones the cafe they'll give him Si and Ian's number, can't give details here apparently.And last but not least - Jane Deary we all know Gillian very well and remember some of your mates.My son Tom is up in Durham University now doing Economics!Dad and Mum say thanks for all the lovely comments - they're thrilled!

Fri Feb 8 14:02:23 2008

## Jenny Deary, Durham

I have great memories of Conti's too. Every lunchtime out of school for a pie and a coffee, that is if we had enough money left over from buying ciggies!Coolest place in Lampeter. Gillian Elisa was one of us, Heather Hopkins, Glenys Gavin, Ann Mathias, Ann Davies to name but a few. Fri Jan 4 17:41:25 2008

#### Keith Hodges - Oxford

Conti's...sundays... Builth Wells...probably the only place open... and a juke box... we used to travel 7 miles from LLandod just for something to do before we all died of boredom with 'sing something simple' to look forward to....my wife says "why can't we get that ice cream any more." I remember the meat pies.. ahh.. gastronomy.. heated up under the steam outlet from the expresso machine.

Sun Dec 16 11:54:08 2007

## **Ron Davies Carmarthen**

As a pupil at Lampeter school many years ago I took part in a sketch which was performed in front of parents and town dignatries to celebrate the ties between the university and the town. I played the part of Leno who was in the audiance for the performance. He was so impressed with my take of him that on my next visit to contis he gave me a bar of chocolate (beats an oscar.) This was the start of a friendship which I value and lasts to the present day. I call in on every occassion I visit lampeter and Conti's has remained the same since my school days. Best ice cream in Wales, great welcome and coffee and Leno thanks for the friendship and the warm welcome I and my wife had on friday 16/11/07... Mon Nov 19 08:38:49 2007

## Shawn Brown, Llanybydder

Gotta love Conti's. It does a damn good hot chocolate, not to mention their chocolate fudge cake.

Thu Nov 15 09:10:37 2007

## Sian from Aberystwyth

Ah Conti's! The best coke floats in Wales. At least back in the mid-seventies. I see that Conti's Cafe is celebrated in the current (November 2007) issue of hidden europe magazine in an article called The Road to Abergwesyn. Some lovely prose that captures the magic of a coke float at Conti's. Just one quote: "I dream of places where hart's tongue and spleenwort creep over long neglected pitheads. Of the chapels barred and shut. Of the curves of the Teifi. Of coke floats and Conti's...."

Fri Nov 2 09:20:33 2007

## Dafydd Evans Llangadfan

My work friend Hugh Gillings has fond memories of the Cafe and was very fiendly with Simon. Hugh wonders where is he now? and what is he doing? Hugh moved away from lampeter in 1979. Now lives in Llandybie. Hugh is looking forward to hearing from you.By the way, I also think it is a great Cafe.

Wed Sep 26 09:28:52 2007

### Niall Lambkin, Oswestry

Conti's Cafe cannot be overestimated in its importance to the life of Lampeter as a community and in the life of its significant student population. Leno Conti and his wife have played a very important part in the lives of many, and many have very good reason to be grateful.

Thu Jul 12 10:02:37 2007

## Lin Young, Adealide, Australia.

Yeh, nothing like sitting at the back of the cafe on a cold wet day, in wet clothes, drinking the only decent coffee in town. Hi Dali...I never got kicked out...well done. Sun Jun 3 20:38:49 2007

## Gillian Elisa

I always call in Conti's when I visit my brother in Lampeter. And I take ice cream usually 4-6 cartons back to Cardiff with me. What's that saying "you can take the girl out of Lampeter but you can't take Lampeter out of the girl".. The same applies to this unique Ice Cream... "You can take the ice cream out of Conti's Cafe but you can't take Conti's Cafe out of the ice cream".. I think that makes sense!!! Wed Mar 14 09:46:02 2007

## Dafydd Aeron, Temple Bar, Lampeter

Such a lovely atmosphere when you walk into Conti's. Please don't change its appearance. Lovely coffee served by lovely people.

Thu Mar 8 09:46:16 2007

## Margaret Morgan, Rhayader

Conti's at Builth Wells was always a meeting place & where most people went for tea /coffee etc I remember Conti's way back from the 40's as my family only lived 2miles away & when I left school I went to work in Builth Wells Post Office so still went there. When I married I only moved abt 15 miles from Builth so used to go back to one of the hairdressers in Builth always going to Conti's after. Miss Dominica Conti(Mrs Jones) taught me Domestic Science in Llandrindod Wells Grammar School (as it was called then) Such a shame that it's no longer there.

Mon Feb 12 10:01:31 2007

## Dalis Cayo-Evans, Silian, Lampeter.

If you've never been kicked out of Conti's you haven't lived! I remember getting ejected after dancing on a table to the jukebox in the back. I was absolutely mortified (being very very fond of Leno & Daph & their kids Da, Si & Jo) and went home in tears. My father, (of terrible Welsh rebel fame), just said 'Duw, he used to kick me out regularly, don't be so soft!' Lovely frothy coffee & the best ice cream on the planet!

Sun Feb 11 11:40:07 2007

## Melanie Thomas from Llanybydder

Conti's has the best ice-cream ever!! Wed Jan 31 09:28:55 2007

## Gerwyn Williams

The name Conti will always be around, I have lived in Ystradgynlais for most of my life and well i remember Jack Conti and his family with their ice cream shop come tea room and indeed one could say Community hall, it was a great feeling sitting around the cast iron stove with a glass of Eunice Conti's hot Vimto. Jack Conti was a great help to the Ystradgynlais rugby team where he was president for some time, a lady of the Conti family still lives in Ystradgynlais. all the best Leno, we could do with another Conti's here.

Sat Jan 27 12:58:51 2007

## Victoria Lee from Lampeter

Conti's is the best! It serves great creamy hot choc! Thu Jan 25 09:42:29 2007

## Nick Harling & Matt Waugh from manchester

Well, well...Conti's on the net! This used to be our main hang-out during uinversity days of the late 80s/early 90s...cup of weak tea and a one-and-a-half finger kit-kat...happy days! So many memories, but the best must surely be returning to Conti's in 2005 for my stag night (not literally at Conti's, we had the stag do at the King's Head, but that's another story...). Anyway, me and Matt went to pay our respects to the great man, only to find him conspicuous by his absence. That's it, we thought, old Conti's passed over to the great ice-cream parlour in the sky! . We were just getting maudlin when who should float down the stairs but Mr.C himself, not looking a day over 93. Happy in the thought that some things never change, we supped our dregs and left to live the rest of our lives.... Mon Dec 4 08:14:01 2006

## S. Miller Tennessee

I'am looking for family members who moved to Australia that were related to Carmela Conti Vaticano, and Frank Conti, her brother. Carmela married Dominic Vaticano and moved to America in 1932. Frank Conti stayed in Italy. My family and I would love to find Carmela's nieces, nephews and other family members living in Australia.

Tue Aug 29 10:57:16 2006

### Robbie Conti from Edinburgh

Hi there. Just a coincidence but my grandfather also had an ice cream shop in Elgin called Conti's Ices. Strange but I guess as we are all from Italy its normal. Where in Italy did your family come from?

Tue May 9 12:43:59 2006

## Chris Kelsey from sheffield south yorks

We've read so many good things about Conti's Cafe,

Lampeter, that we just had to visit, during a visit to the area recently. We enjoyed a really good breakfast there. Will definitely go there again when next in the area.

Tue Dec 27 22:50:26 2005

## Blodwyn; Llandysul

The cafe has finally had a revamp... but it still serves the best coffee and warm scones!

Mon Dec 12 15:01:08 2005

## william davies

Hi I moved from lampeter to live in Brisbane Australia, It was nice to see Leno Conti on the BBC news, miss the lovely ice cream too.

Fri Dec 9 01:49:23 2005

## Camilla McCauley (Conti) - Brisbane, Australia

Hi I am the late Aldo Conti's daughter, Camilla. I am sister to Gina Conti, aunty to Anja Conti, first cousin to Cecilia Conti. I emigrated to Australia in 1986 and am married to Terry who is Australian. I have identical twin girls, Beth and Grace who are 15 and identical twin boys Rhys and Luke who are 14. I would love to hear from any distant family or those who knew my father and family.

Wed Nov 16 08:53:34 2005

### Anja Conti

Hi jo. Thank you so much for your reply. I am the grandaughter of Aldo Conti and Gina is my aunty. Camilla is the lady you speak of, who moved to Australia. She now has two sets of twins, two boys and two girls, the boys aged 13 and the girls 15. Cecilia is related, however I am unaware of how. Are you in some way related? I would love to hear from you again xx best wishes Anja xx

Tue Nov 8 18:20:41 2005

## Stewart Ellinson

My father first introduced me to Contis, Builth in the early 1970s. Then, on my own, I discovered Contis in Carmarthen, Lampeter (where I was a student) and, I think, Haverfordwest. Contis Lampeter has always been one of my favourite places, and it still draws me back. It's good to see that it's still there, providing a focus for a community and a place to plot, plan and scheme. Without it, Lampeter would be missing many of it's best silly ideas, and the world - or at least Wales - would be a poorer place. I'll have a raspberry cup, please!

Sat Oct 22 23:05:57 2005

#### Jo Conti

To Anja Conti... Hi Anja I know Aldo, as I used to be in Art college in Carmarthen, and often went to the Grilla roma. I met Gina whilst I was there, in the Quinn's club actually ... also Cecelia, a beatiful girl, who I think emigrated to Australia. i also know Merino. I presume that they are all closely related to you.

Tue Oct 18 22:31:22 2005

## Bria Bothomley now in Seattle, WA

This brings Back so many memories. Leno is one of the best people in Lampeter. As a boy growing up in the town, Conti's cafe was the main hangout. As the good Dr. below said, many ideas were thought up and deeds planned fron the back and out the front of Conti's. In the back, the front was for the older folks! and in front after the cafe closed. Looking back I am amazed that Leno tolerated us at all, I know I was kicked out more than once. I relly loved that

place and miss those days. Thanks Leno and all the best. Anyone who wants to remember the old days email me at bbothomley@msn.com

Fri Oct 7 17:56:14 2005

## Anja Conti

I have not yet been to Conti's Cafe in Lampeter. My Grandfather (Aldo Conti) used to own the Grill Roma in Carmarthen, also makers of Conti's ice cream! It would be great to come up and see you soon, see what Conti's ice cream tastes like! Can't wait, see you soon x. Anja Conti Thu Sep 29 21:20:06 2005

Brian Thomas from Leicestershire ex Carmarthenshir

We as a family still visit; my daughter Rhiannon insists it is the best ice-cream ever; and I agree. I also have fond memories of the place and appreciate the fact that it is still unique and very much as it was in my days when at school in Lampeter in the 60's; great times. Also pleased to see the business spreading and being picked up by the next generation, as witnessed at a recent visit to the Welsh-cob festival at Aberaeron.

Wed Jun 15 10:51:00 2005

## Prof Kevin J. Brehony

What I learned in Conti's Cafe as a youth is inestimable. So many of my significant life course experiences occurred within, or equally as meaningful, just outside its doors.

More...

Fri May 20 23:57:17 2005

## Susanne Silver, Melbourne Australia

The best mushroom omelette (with bread and butter) followed by apple pie and cream; this was the unfailing choice for us students (John and me) in 1970. Thanks a million!

Fri May 6 10:58:40 2005

### Melissa Clare (Tomalin) Sebastopol, CA

Many were the hours that I spent at Conti's indulging in the best ice cream in the UK and hoping that it would sufficiently stimulate the brain cells to continue with the studies at hand. We had a great time in Lampeter, and I expect to re-visit it a few more times...

Fri Apr 29 03:30:13 2005

### Kevin Williams, Manchester

Just browsing and saw the picture of Conti's Cafe, read a few nostalgic comments, and realised how much I miss the place.

Tue Mar 29 11:58:00 2005

This site is now closed and cannot accept new comments.

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## Conti's Cafe

Last updated: 24 November 2005

Walking into Conti's Cafe is like stepping back in time. The fittings have barely changed since the cafe opened back in the 1930s...



Conti's Cafe in Lampeter

**1** 2 3 4 5 6

Set on the High Street in the middle of town, Conti's Cafe has become one of Lampeter's landmarks.

#### vour comments

#### **Carmel Conti Australia**

Hi I wonder if we are related??? the names Carmel & Camilla are family names where in Italy did your family come from?? will HAVE to try your ice cream when in England!!!!

Sun Mar 8 17:27:06 2009

## **Myfanwy Morris . York**

Left Lampeter 29 yrs ago but all the Morris family still live there so visit when can.Now that Conti's sell ice cream in cartons mum gets one in no fail! the coke on ice is my old favourite and when calling in Leno still remembers me .You cannot go to Lampeter without getting your sweet fix of this delicious unforgetable desert delight .Da Iawn x Thu Aug 14 12:30:35 2008

## Nigel Evans, March, Cambridgeshire.

I lived in Lampeter until I was about 30 or so. Conti's ice cream really is the best I have ever tasted - and I've tirelessly test-tasted ice cream all over the world! The Conti family are really sound and as a kid everybody would meet in Conti's for a coke float. In the following years it was always Conti's on a Sunday morning at 10 o'clock to compare hangovers and stories from the night before!Conti's, you rock!

Mon Jan 7 08:36:22 2008

## Martin, former student,

Met the love of my life in Conti's ...way, way back in 1983 as a student..she changed my life, shaped my perspectives

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and as friends... still rocks my world....Big Hugs S Fri Oct 5 13:05:20 2007

## **Carren Smith from Newport**

Whoooo, Go conti's Mon Sep 24 08:45:31 2007

#### Nick Allport, London

I grew up in Lampeter to the age of 13, and last visited in 85. It's great reading these messages and reassuring to know that Conti's is still there and the ice cream is still as good! It is without doubt the best in the world. I used to go there as often as I could, usually with my grandad Geoff Charles who pretty much spent every morning in there. Thu Aug 23 15:28:06 2007

## Sian Thomas from Cape Town South Africa

I am the grandaughter of Ronnie Thomas who used to be the resident dentist at Teify Hall in Lampeter. Conti's icecream is the best there is and even though I now live in South Africa I still go back there on holiday - just for Uncle Leno's ice cream. My dad, Graham Thomas and I were last there two years ago and I'm pleased to report that the ice cream is as fab now (Im 35 years old) as it was when I holidayed at Teify Hall as a young teen.

Thu Jul 12 15:18:54 2007

#### Jane Fletcher

I have fond memories of ice cream at Contis when I was a child. I spent all my holidays in Lampeter as my mother, nee Elizabeth Davies (now 88) was brought up there in Rose Hill with all her brothers and sisters. Its nice to know that some stores never change and I hope to revisit again with my sister. Jane, West Midlands.p.s. I still have a few relatives living in Lampeter but most of my cousins are scattered all over the World, including Switzerland and Chicago. Tue Jun 12 09:40:34 2007

#### Warren, Swansea

I remember classic coin-ops; in no particular orderCommandoBomb JackDouble Dragon1942and the great ice cream

Thu Apr 12 12:24:51 2007

## Tony Parker, Telford

I was a student at Lampeter Coll in the 70's and 'lived' in Conti's Cafe, I was there so often. I then married a local girl and so have been going back regularly since then. The 2 things about Conti's Cafe that have not changed in those 37 years of my experience are firstly, the superb home-made ice-cream and secondly, the genuine warmth and kindness which Leno Conti always gives you, a lovely man! Sun Mar 11 11:03:09 2007

## Lewis, ex-Lampeter, now Stoke

Contis ice cream is mint but prossers around here is much beta.

Tue Mar 6 14:47:03 2007

## Zac conti - Conti's cafe

hello

Sat Feb 10 11:21:54 2007

## Irene Botholey, Camberley Surrey

Happy memories of coke floats as treats and listening to the all the hit records of the time during a misspent youth!!!! Kindest regards to Leno and family

Mon Dec 25 21:01:54 2006

### Alice Worth, Norfolk

My daughter (Anne Worth) & Son-in-law (Ian Nicholls) were both students in Lampeter in the 1970s. We heard more about Conti's from Anne than we heard about how she was getting on at the University. It was her home from home and the first place she took us to when we visited her. She and Ian have just returned from a reunion at the University and she was on the phone just after they arrived to say she had just been to Conti's and Leon remembered her and her name. We are grateful for his kindness to her and all the other students through the years and we wish him and his family man! y more happy years in the cafe. Best wishes and diolch-yn-fawr.

Mon Sep 4 10:32:12 2006

## Marcia Coles, Cheltenham

I used to live in Lampeter when I was younger (I still have family there....my uncle owns the Ivy Bush Inn...Hi Uncle Bev!!). I have to say Contis ice cream has and always will be the best ice cream I have ever tasted. So happy to see Contis is going strong! I will be back soon.

Fri Aug 18 09:22:04 2006

#### Gwawr and Lisa, Lampeter

Conti's cafe is a great place to have a chat and some peaceful time to yourself. We go there quite often after school and we enjoy the hot chocolate! The Conti's ice-cream is delicious in the hot summer days we hope it will be there for the next couple of years.

Mon Jun 26 09:54:41 2006

## Gillian Elisa from Cardiff (formerly Llanbedr PS)

The ice cream is so superb I have to buy a stock (about 6 cartons in a cooler bag) to take back to Cardiff with me. Whenever I feel I need to have a "perk up", Conti's Ice Cream always makes me feel ten times better! Feel great afterwards.I love the ice cream and all the family are always welcoming when you see them. First class!! Tue Apr 25 09:15:42 2006

## **Siwan**, **Luned and Hedydd Members of the local high** We love contis ice cream and the sweets and hot chocolate!

and their tea!! we go there after school sometimes and it's always really good to chat. we recommend this cafe to anyone who wants to stuff their faces with good food and have a relaxing chat!

Thu Feb 2 09:52:48 2006

## Dylan, formerly of Cellan and a few other places t

Unquestionably the finest ice cream in the UK, and possibly in the world. When living in London I had actual stand-up rows with people who laughably claimed to be ice-cream experts that some ice cream from somewhere-or-other was the best in the UK, and I felt compelled to point out their error. If only I had a bigger freezer - and a faster metabolism - I'd buy it in bulk.

Tue Nov 8 14:54:00 2005

#### Jo Conti

Hi I'm Leno's daughter, and I just have to say with respect to Deanne Rapacioli that whilst a lot of Conti's Cafes did in fact buy their ice cream in , the ice cream at Lampeter has always been made from scratch by Dad. He would never use ready mix ice cream, as his own is the pride and joy of his life. He has been making it from local ingredients with absolutely no artificial additives or flavourings anywhere near

it forever. Yes we've just had a bit of a make-over, which no doubt will upset the die hards who liked the time warp, but it had to be done. It nearly killed dad as he had to be closed for two weeks and that is the first time it's happened since he opened. However, he's very pleased with the results and seems to be spending more time than ever in the shop now! He's getting a lot more customers in as we have made the front half of the cafe a non-smoking area. Dad loves this as he just adores talking to as many people as possible. So the new customers are as intriguing to him as his regulars! He's amazed and thrilled that people have taken the time to write about the place, Thanks for the comments and best regards Jo Conti

Tue Oct 18 19:46:31 2005

## Former student, regular visitor

Conti's (Oct 2005) has had a makeover - glass, chrome and a new juke box, but still as good as ever, same menus, same staff)! And in lampeter, the ice cream has ALWAYS been made by the family, NEVER supplied by outside - sorry to the person below! Leno makes the best ice cream in the country!!

Sun Oct 9 17:56:42 2005

## Deanne Rapacioli Vancouver Canada

I am related to the Conti's - Jack Conti from Fishguard was married to my aunt - Eunice. I am the grand-daughter of Rapacioli's Ice Cream in Tenby, my uncle Luigi and my father Joe delivered ice cream to the Conti's for years. Conti's and Rapacioli's are also related to Fecci's in Pembrokeshire. All had cafes and all sold our ice cream. Great to see the old photos !! Thanks.

Tue Mar 15 00:31:43 2005

### **Steve Williams from Liverpool**

I remember going to Conti's with my mates when we were at university there. It was a great place, a real fifties throwback - perfect for Saturday afternoons. I can recommend the lasagne and the ice cream goes without saying!

Wed Feb 9 09:25:08 2005

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## Conti's Cafe

Last updated: 24 November 2005

Walking into Conti's Cafe is like stepping back in time. The fittings have barely changed since the cafe opened back in the 1930s...



Leno Conti, owner of Conti's Cafe

1 2 3 4 5 6

Leno Conti, who's 75, and his wife Daphne took over the running of Conti's Cafe back in the fifties. At one stage, there were more than a dozen different Conti's Cafe dotted around Wales. The Lampeter one is the only one remaining.

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Interior Conti's Cafe

1 2 3 4 5 6

Conti's Cafe has changed little since it opened in the 1930s. Rows of traditional sweet jars like these are a rare sight these days.

• If you've got memories you'd like to share, **email us** or go to our **Remember Wales** section.

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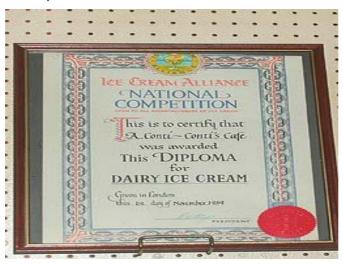
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Certificate for award-winning ice cream

1 2 3 4 5 6

Leno Conti produces his own ice cream which is sold in the cafe. It's picked up national awards since 1948 and the secret, according to Leno, is to use only local produce.

• Read about Lampeter's annual celebration of local food.

### 2 May 2012 <u>Accessibility help</u> <u>Text only</u>

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Conti's famous ice cream

1 2 3 4 5 6

This three-foot high ice cream cone has been standing outside the cafe in Lampeter since 1959!

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This gang of four locals get together nearly every day in Conti's for a coffee and a chat

1 2 3 4 5 6

"I've lived in Lampeter all my life and I come to this cafe nearly every day to meet up with friends. We're a bit like the 'Last of the Summer Wine', really!" **Derek Evans** 

"Now that I've retired from farming it's nice to have the time to come here and have a chat. I enjoy having some Conti's ice cream in the Summer as a special treat." Ifor Watkin

"This cafe's quite an institution in Lampeter and there's always a great welcome here. Only the Italians can make coffee!" **Alan Young** 

"Definitely the best coffee in Lampeter!" Oscar James

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## Ice Cream Nostalgia

Last updated: 24 November 2005

**Kevin Brehony** has many a fond memory of afternoons spent in Contis Cafe. He sent these comments in to the website, reflecting on the education he and his friends received in the tolerant atmosphere of Contis Cafe.



"What I learned in Conti's Cafe as a youth is inestimable. So many of my significant life course experiences occurred within, Here For You Roadshow or equally as meaningful, just outside its doors.

My friends of the time - whether now in places as disparate as Seattle, Lecistershire or Barry, also in Wales, or scattered in other places across the hemisphere - with whom, thanks to the web, I still discuss our experiences of being in the Cafe in the early 1960s, - all agree, that, what we learned from Leno was toleration and an acceptance of difference.

We also learnt that an understanding of why people behave as they do might aid our reaction towards and orientation to difference. I recall one time, talking to Leno about the Bracchi Cafe phenomena in South Wales and the passage of many people, in the 1940s, from Busso and other areas in Italy to Bedford and other towns in Britain for different kinds of work, within which, the Cafe played an integral role.

Of course, for this boy from Llanfair Clydogau, like others who are contributing here, the Lampeter, 'big city' taste of the ice cream is an abiding memory and one that, in the British Isles at least, has never, down all the days, been surpassed.

But, put it together with Coca Cola and icecream in the same glass, a pack of five Dominoes and 'She loves you' by the Beatles on the Juke Box for 6d and you had a paradise of childhood and youth, a haven in a sometimes seemingly hostile world, regulated in an even, avuncular way, by Leno.

Nostalgia? Yes, I will admit to that, but this guy in that town was, and has always been 'something else'. Grazie così tanto/Diloch yn fawr/Go Raibh Maith Agat/ Thank you, Leno your kindness to strangers as well as to familiars lives on in our memories."

## Written by Professor Kevin J Brehony

· Read more comments about Contis...

## your comments

## John Blackburn

Conti's provided the most effective instant hangover cure ever (in 1972/3). That is: one pint of chemical orange pop and a quarter pound of aniseed twists. A haven, a refuge

more from this section

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Your Say

and a debating chamber all in one for the often bewildered SDUC I used to be. And best of all, it's still there! Tue Oct 21 13:00:58 2008

#### **Eddie**

I visited Conti's with my relatives who'd lived there and I can say truthfully that was the best most magnificent ice cream I have ever tasted, viva la conti Fri Jul 6 08:50:16 2007

#### Mary - Carmarthen

I recall the name Kevin Brehony, as I was a fellow pupil at Lampeter School too, all those decades ago. Professor of what is Kevin?

Mon Dec 18 09:28:52 2006

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