



## **BREAKFAST**

**SERVED 9 AM – 4pm – MONDAY TO FRIDAY  
9 AM – 11.45 am – SATURDAY AND SUNDAY**

### **FONTYGARY BREAKFAST - £6.25**

Grilled back bacon (2), local pork sausages (2), black pudding slice, grilled tomato, mushrooms, baked beans, hash browns (2), white toast, fried or poached egg

### **FONTYGARY VEGGIE BREAKFAST (v) - £5.95**

Wilted spinach, grilled tomatoes, mushrooms, baked beans, hash browns (2), white toast, fried or poached egg

### **BUILD YOUR OWN BREAKFAST - £4.50**

#### **Choose four of the following items**

Grilled back bacon (2), local pork sausages (2), black pudding slice (2), grilled tomatoes, mushrooms, baked beans, hash browns (2), fried bread, poached or fried eggs (2), toasted muffin, white toast, granary toast

### **SMASHED AVOCADO - £5.95**

Two poached eggs, smashed avocado with olive oil on toasted muffin (V)

### **EGGS BENEDICT - £6.25**

Two poached eggs, crispy bacon on toasted muffin, hollandaise

### **EGGS FLORENTINE - £5.95**

Two poached eggs, wilted spinach on toast muffin, hollandaise (V)

### **CHILDREN'S BREAKFAST**

Bacon, fried egg, beans, potato smilies - £3  
Pork sausage, fried egg, beans, potato smilies - £3.25

### **BREAKFAST ROLL**

Crispy back bacon	<b>£3.25</b>
Pork sausage	<b>£3.25</b>
Pan-fried halloumi and mushroom (V)	<b>£3.25</b>
Crispy back bacon and pork sausage	<b>£3.95</b>
Add a fried egg for	<b>£0.50</b>

### **WHITE OR GRANARY BLOOMER TOAST - £1.75**

Two slices with butter and a choice of jam, honey, marmite or marmalade

**TOASTED TEA CAKE** with lashings of butter, jam, honey or marmalade - **£1.50**

## MAIN MENU

**SERVED 12 NOON – 8PM (last orders) Monday and Tuesday**  
**12noon - 9pm (last orders) Wednesday to Sunday**

### TOASTED CIABATTA or WRAP £6.25

#### Served with a salad garnish

Tuna mayonnaise and cheddar melt

Chicken and bacon melt with BBQ sauce

Brie and cranberry melt (V)

Bacon, brie and cranberry

Bacon, lettuce, tomato, mayo

Cajun spiced chicken, with peppers, jalapenos, soured cream

**Add chips for £1**

### JACKET POTATOES £5.95

#### Served with a salad garnish

Beef chilli con carne

Bacon and cheddar melt

Baked beans (V)

Baked beans and cheddar melt (V)

Cheese and onion melt (V)

Tuna and cheddar melt

**Add coleslaw for £0.75**

**NACHOS** with melted cheddar, guacamole, tomato salsa, soured cream

As they come £4.95

Jalapeno nachos £5.25

Beef chilli nachos £5.95

### SALADS

Cajun spiced chicken and pepper £8.50

Crispy bacon and avocado £8.50

Tuna mayonnaise £7.75

Pan-fried halloumi and mushroom (V) £7.95

### SIDES

Portion of chips (V) £2.50

Portion of cheesy chips (V) £3.00

Home-made coleslaw (V) £1.75

Garlic ciabatta (V) £2.00

Cheesy garlic ciabatta (V) £2.50

Beer battered onion rings (V) £1.50

Jacket potato with butter (V) £3.00

**Please place your order at the bar, cutlery, condiments and food will be delivered to your table**

### GRILL

**All served with salad or peas and chips, rice or jacket potato**

Chicken breast with bacon, cheddar, BBQ sauce £9.95

10 oz gammon steak, fried egg and pineapple £9.95

8 oz rump steak, grilled tomato, mushrooms £12.95

Add pepper sauce £1.50

Add a fried egg £0.50

### BURGERS

**All in a brioche bun with salad, coleslaw and chips**

Plain beef or chicken breast burger £8

Chickpea, spinach, cumin and coriander (V) £8

Naked beef or chicken with no bun or chips £5

Add cheese, bacon, fried egg, mushrooms, jalapenos, smashed avocado @ £0.50 per topping

### HOME-MADE CLASSICS

All served with chips, jacket potato, half and half or rice

**Cod fillet fried in home-made beer batter** £8.95

Peas, tartare sauce, fresh lemon

**Salmon and haddock fish cake** £8.95

Wilted spinach, poached egg and hollandaise

**Baked cod** £9.95

Baked in a parcel with spinach, cherry tomatoes, lemon zest, fresh thyme

**Chilli, lime and ginger chicken skewers** £8.50

Salad garnish, soured cream

**Chicken tikka masala OR**

**Sweet potato, spinach and chickpea curry (V)** £8.95

**Beef chilli con carne** £8.25

**PASTA** all served with parmesan

Classic Welsh beef lasagne, mixed salad, chips £7.95

Roasted vegetable lasagne, mixed salad, chips (V) £7.95

Chicken, crispy bacon, chilli and tomato fusilli £7.95

Roast tomato and pesto fusilli (V) £6.95

### HOME-MADE DESSERTS

Warm chocolate fudge cake, vanilla ice-cream £3.95

Belgian waffles, chocolate sauce, vanilla ice-cream £3.95

Vanilla cheesecake, berry compote £3.95

We also have a selection of cakes available on the bar