



BREAKFAST

SERVED 9.30 AM – 4pm – MONDAY TO FRIDAY

9.30 AM – 12 NOON – SATURDAY AND SUNDAY

Buy a Fontygary Big Breakfast for £6.95
or Veggie Breakfast for £5.95 between 9am and 10.30 am
and get a bottomless coffee free of charge

FONTYGARY BREAKFAST - £6.25

Grilled back bacon, local pork sausage, black pudding slice,
grilled tomato, mushrooms, baked beans, hash browns, toasted muffin, fried egg

FONTYGARY VEGGIE BREAKFAST (v) - £5.95

Wilted spinach, grilled tomatoes, mushrooms, baked beans, hash browns, toasted muffin, fried egg

BUILD YOUR OWN BREAKFAST - £4.50

Choose four of the following items

Grilled back bacon, local pork sausages, black pudding slice, grilled tomato,
mushrooms, baked beans, two hash browns, fried bread, two fried eggs, toasted muffin

EGGS ROYALE - £6.25

Two poached eggs, smoked salmon on toasted muffin, hollandaise, fresh lemon

EGGS BENEDICT - £6.25

Two poached eggs, crispy bacon on toasted muffin, hollandaise

EGGS FLORENTINE - £6.25

Two poached eggs, wilted spinach on toast muffin, hollandaise

CHILDREN'S BREAKFAST - £3.00

Bacon, fried egg, beans, smilies

BREAKFAST ROLL

Crispy back bacon	£2.95
Pork sausage	£3.25
Pan-fried halloumi and mushroom - v	£3.25
Crispy back bacon and pork sausage	£3.75
Add a fried egg for	£0.50

ON TOAST - One slice £1.75/Two slices £3

(Please state white or granary)

Topped with a choice of either:

Fried egg

Cheese

Beans

Cheese and beans

Add a fried egg for - £0.50

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 12NOON – 5PM (last orders) Monday and Tuesday
12noon - 8pm (last orders) Wednesday to Sunday

TOASTED CIABATTA £5.50

ON White OR Granary

Served with a salad garnish

Tuna mayonnaise and cheddar

Bacon, brie and cranberry

Brie and cranberry (v)

Mozzarella, tomato, pesto (v)

Ham and cheddar

Chicken, mozzarella, jalapeno

Mature cheddar and spring onion (v)

Add chips for £1

JACKET POTATOES £5.95

Served with a salad garnish

Chilli con carne

Baked beans (v)

Baked beans and cheddar melt (v)

Roast ham and cheddar melt

Cheddar and spring onion melt (v)

Tuna mayonnaise, fresh lemon

Tuna mayonnaise and cheddar melt

Smoked salmon and cream cheese

LUNCH DEALS – All at £4.95

SERVED 12NOON – 5PM MONDAY TO FRIDAY

Cheese omelette, salad (v)

Cheese and ham omelette, salad

Crispy duck, spring onions, cucumber, hoisin wrap

Cajun chicken wrap, peppers, onions, sour cream

Fishfinger, tartare sauce wrap

Pan-fried halloumi and mushroom salad (v)

Roast ham, fried egg, peas and chips

Battered chicken goujons, salad, chips

Sausages, fried egg, beans and chips

Plaice goujons, chips, mushy peas, tartare sauce

NACHOS with melted cheddar, guacamole, salsa

As they come £4.95

Jalapeno nachos £5.25

Beef chilli nachos £5.95

SIDES

Portion of chips (v) £2.50

Beer battered onion rings (v) £1.50

Portion of cheesy chips (v) £3.00

Garlic ciabatta (v) £1.50

Cheesy garlic ciabatta (v) £2.00

Jacket potato with butter (v) £2.95

Creamy garlic mushrooms (v) £3.50



GRILL

All served with salad or peas and chips or jacket potato

Chicken breast with bacon, cheddar, BBQ sauce £9.00

10 oz gammon steak, fried egg and pineapple £9.00

8 oz rump steak, grilled tomato, mushrooms £12.00

Surf and turf – rump steak and garlic king prawns £16.00

Seared salmon fillet, hollandaise sauce £10.00

Add pepper sauce £1.50

BURGERS

All in a brioche bun with salad and chips

Welsh beef burger with or without cheese £8.00

Bacon and cheese Welsh beef burger £8.50

Chicken, bacon and cheddar burger £8.50

Pan-fried halloumi, mushroom, sweet chilli burger (v) £8.50

CLASSICS

Cod fillet fried in home-made beer batter £8.00

Mushy peas, chips, tartare sauce, fresh lemon

Deep-fried breaded scampi

Peas or salad, chips, tartare sauce, fresh lemon £8.00

Salmon and haddock fish cake £7.75

Topped with spinach, poached egg and hollandaise, chips or jacket potato

Steak and ale pie with puff pastry £8.50

Peas, chips or jacket potato

Yorkshire pudding, sausages and onion gravy £7.95

Peas and mash (Veggie option available)

Chicken tikka mini poppadoms, mango chutney £8.00

Rice and chips

Beef chilli con carne with soured cream £8.00

Rice and chips

PASTA all served with parmesan

Classic Welsh beef lasagne, mixed salad, chips £7.95

Tomato, crispy bacon and chilli £7.50

Creamy garlic mushroom, ham £7.50

Beef bolognese £7.50

Creamy smoked salmon, prawns, spring onion £7.50

Creamy garlic mushroom (v) £7.25

Roast tomato, pesto (v) £6.95

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