



BREAKFAST

Served 9am – 11.45 daily

FONTYGARY BREAKFAST - £7.25

Grilled back bacon (2), local pork sausages (1), black pudding slice, grilled tomato, mushrooms, baked beans, hash browns (2), white toast, fried or poached egg

FONTYGARY VEGGIE BREAKFAST (v) - £6.50

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

BUILD YOUR OWN BREAKFAST - £5.50

Choose four of the following items

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

EGGS BENEDICT OR FLORENTINE (V) - £6.25

Two poached eggs, roast ham OR wilted spinach on toasted muffin, hollandaise

SMASHED AVOCADO AND POACHED EGG - £6.95

Two poached eggs, smashed avocado, chilli flakes on toasted muffin

CHILDREN'S BREAKFAST

Bacon, fried egg, beans, potato smilies - **£3**

Pork sausage, fried egg, beans, potato smilies - **£3.25**

BREAKFAST ROLLS

Crispy back bacon	£3.95
Pork sausage	£3.95
Pan-fried halloumi and mushroom (V)	£3.50
Crispy back bacon and pork sausage	£3.95
Add a fried egg for	£0.50
Add 2 x hash browns	£1.25

ON TOAST (White or granary) – price per slice - £1.75

Baked beans

Baked beans and cheese

Cheese

Fried egg

Poached egg

Add a fried OR poached egg - £0.50

WHITE OR GRANARY BLOOMER TOAST - £1.75

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

EXTRA LARGE TOASTED TEA CAKE with lashings of butter, jam, honey or marmalade - **£2.75**

If you have any allergens, please advise staff when you order at the till at the bar

FOLLOW US ON FACEBOOK @fontygaryparks TO FIND HEAR ABOUT SPECIAL OFFERS

LIGHT LUNCHES

SERVED 12 NOON – 5 PM
MONDAY TO SATURDAY

SANDWICHES – All £4.95

ON buttered white OR granary

Served with a salad garnish

Roast ham with or without salad

Roast ham and cheddar

Cheddar and pickle with or without salad (v)

Prawn marie rose

Tuna mayonnaise with or without cucumber

Add chips for £1

TOASTIES – All £5.95

All served with salad garnish

Spring onion or tomato optional in toastie

Tuna mayonnaise and cheddar

Crispy bacon and cheddar

Ham and cheddar

Cheddar

JACKET POTATOES – All £6.25

Served with a salad garnish

Beef chilli con carne

Baked beans (v)

Baked beans and cheddar (v)

Creamy garlic mushroom (v)

Roast ham and cheddar melt

Cheddar melt or grated cheddar (v)

Prawn marie rose, fresh lemon

Tuna mayonnaise, fresh lemon

Tuna mayonnaise and cheddar melt

Add coleslaw for £0.75

If you have any allergens, please advise staff when you order your food at the bar

We do a fabulous roast on a Sunday, booking is recommended in advance at reception

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MAIN MENU

SERVED 12 NOON UNTIL KITCHEN CLOSSES
MONDAY TO SATURDAY

GRILL

All served with salad or peas and chips or jacket potato

Chicken breast, bacon, cheddar, BBQ sauce £10.25

10 oz gammon steak, fried egg, pineapple £10.95

8 oz rump steak, tomato, mushroom, onions rings £14.00

Add pan-fried garlic butter tiger prawns £2.75

Add pepper sauce £2.00

Add garlic butter £0.75

BURGERS – All £8.50

All in a brioche bun with salad, coleslaw and chips

Plain local beef OR plain chicken breast burger

Veggie bean, spinach and potato burger (v)

Double up on your burger - £3

Additional burger toppings - £0.75 each

Choose from - Cheddar, bacon, fried egg, fried

mushrooms, onion chutney, jalapenos

CLASSICS

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

Crispy Haddock in batter, tartare sauce £11.95

Deep-fried breaded scampi, tartare sauce £8.95

Iain's chicken curry, poppadum, mango chutney £9.25

Half a roast chicken, garlic butter £10.95

Classic Welsh beef lasagne, mixed salad, chips £8.95

Creamy garlic mushroom penne, parmesan (v) £8.95

Mixed bean chilli with soured cream (v) £8.95

SALADS - All £8.95

Crispy bacon and avocado

Pan-fried halloumi and mushroom (v)

Chicken Caesar, croutons and Parmesan

Avocado and prawn marie rose

NACHOS - £4.95

With melted cheddar, guacamole, salsa, soured cream

Add jalapenos £0.50

Add beef chilli con carne £1

Add both £1.25

SIDES

Portion of chips/cheesy chips (v) £2.50/£3.00

Beer battered onion rings (v) £2.65

Garlic ciabatta/Cheesy garlic ciabatta (v) £2.00/£2.95

Creamy garlic mushrooms £3.75