



## Daytime

# MENU

### BREAKFAST

Available 10am - 12pm  
Gluten free bread available on request

#### THE PENBONT FRY UP

Sausage, 2 bacon, Cae Llwyn egg,  
mushrooms, grilled tomato, hash brown,  
beans & toast  
**£12.95**

#### VEGGIE FRY UP v

Glamorgan sausage, Cae Llwyn egg,  
halloumi, grilled tomato, mushrooms,  
hash brown, beans & toast  
**£12.95**

#### HOT BREAKFAST ROLLS SERVED IN A SOURDOUGH ROLL

2 sausages OR 2 bacon rashers  
**£5.50**  
ADD EGG FOR **£1.00**

**TOASTED TEACAKE**  
**£2.99**

#### ON TOAST ALL **£6.50**

- 2 Cae Llwyn Eggs  
(Fried / Poached / Scrambled)
- Beans
- Smashed avocado
- Garlic mushrooms

#### FLUFFY PANCAKES ALL **£7.95**

- Bacon & maple syrup
- Mixed berries

**TOAST**  
**£0.90**

### FLATBREADS

#### HARISSA CHICKEN

with red cabbage, red onion  
& a sumac yoghurt dressing  
**£6.50**

#### HUMMUS

with dress cucumber & tomato,  
crumbled feta, mint & parsley  
**£6.50**

### SANDWICHES

on white or malted bread & served with a side salad

#### ROAST BEEF

with horseradish cream  
**£6.25**

#### BACON, LETTUCE & TOMATO

**£6.75**

#### CORONATION CHICKEN

**£6.25**

#### AVOCADO

with red onion, tomato & hummus  
**£5.95**

#### WELSH CHEDDAR & TOMATO

**£5.50**

## LIGHT BITES

### WELSH CAWL

with Welsh cheddar and sourdough roll  
£8.95

### SOUP OF THE DAY VG

with sourdough roll  
£5.95

### MUSHROOM, CHESTNUT & TARRAGON PATE VG

with sourdough crostini & onion marmalade  
£5.95

### HONEY & GARLIC PORK BELLY STRIPS GF

with fennel & apple salad with sesame  
£5.95

### SWEETCORN FRITTERS VG GF

with smashed avocado, slow roasted tomatoes & chilli oil  
£5.95

## MAINS

### BEEF & WELSH STOUT PIE

with roasted carrots, gravy & mashed potato or chips  
£14.00

### HONEY & MARMALADE GLAZED HAM

with Cae Llwyn eggs & chips  
£12.50

### PENBONT BEEF BURGER

with Welsh cheddar, baby gem lettuce, tomato and gherkins in a sourdough roll & chips  
£14.00

### BEEF LASAGNE

with seasoned chips & side salad  
£13.50

### CELERIAC STEAK

with green tahini, roast carrots, spiced chickpeas, chilli oil and couscous  
£14.00

### BUTTERNUT SQUASH MASSAMAN CURRY

with coconut rice & coriander  
£14.00

ADD CHICKEN: £1.00

### PENBONT SALAD BOWL

with dresses leaves, giant couscous, slow roasted tomatoes, hummus, avocado & roasted carrots topped with spice chickpea & seeds  
£15.00

## SIDES

CHIPS £4

SMASHED POTATO £4

EXTRA EGG £1.00

EXTRA BACON £1.40

EXTRA SAUSAGE £1.50

SIDE SALAD £4.00

SEASONAL VEGETABLES £5.00

HUMMUS & FLATBREAD £5.50



# CHILDREN'S LUNCH MENU

## MAINS

### CHEESY OMELETTE

with side salad

£6.50

### SAUSAGE & CHIPS

served with either beans or peas

£6.50

### MAC & CHEESE

served with garlic bread

£6.50

### FISH GOUJONS

served with chips and either beans or peas

£6.50

### BURGER

served with chips and either beans or peas

£6.50

## DESSERT

### MINI BROWNIE WITH ICE CREAM

£4.00

### ICE CREAM SCOOP

VANILLA, CHOCOLATE OR STRAWBERRY

£3.50