



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 VG GF

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

BUTTERNUT SQUASH MASSAMAN CURRY VG GF

with coconut rice & coriander
£14.00

ADD CHICKEN: £1.00

PENBONT SALAD BOWL VG

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

SIDES

CHIPS £4

MASHED 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