



Daytime MENU

BREAKFAST

Available 10am - 12pm
Gluten free bread and options 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

FLUFFY PANCAKES

CHOOSE FROM:

- Bacon, fried egg & maple syrup
- Mixed berries, raspberry coulis & whipped cream

£7.95

ON TOAST

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

£6.50

HOT BREAKFAST SANDWICH

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

TOAST

£0.90

BREAKFAST ADDITIONS

BACON £1.00 SAUSAGE £1.50 EGG £1.00 AVOCADO £2.50 MUSHROOMS £1.50 BLACK PUDDING £1.50

SANDWICHES

Available on either white or malted bread, served with a side salad.
Gluten free bread available

BACON, LETTUCE & TOMATO £7.00

HUMMUS, ROASTED RED PEPPER & ROCKET VG £6.00

WELSH CHEDDAR & RED ONION CHUTNEY V £6.00

HAM, WELSH MUSTARD, LETTUCE & TOMATO £7.00

HOT SANDWICHES

BACON SANDWICH £5.50

SAUSAGE SANDWICH £5.50

JACKET POTATOES

Served with a side salad

BACON & CHEDDAR GF £7.95

CHEESE & BEANS GF V £6.95

BEEF CHILLI GF £7.95

5 BEAN CHILLI VG GF £7.95

LIGHT BITES

WELSH CAWL £9.00

with Welsh cheddar and sourdough roll

SOUP OF THE DAY VG £6.00

with sourdough roll

SWEETCORN FRITTERS VG GF £6.00

with smashed avocado, slow roasted tomatoes & chilli oil

CREAMY GARLIC MUSHROOMS £6.50

on toasted sourdough & rocket

MACKEREL PATE £7.00

with pickled cucumber, crostini & side salad

BOWL OF CHIPS £4.00

BIGGER BITES

PENBONT BEEF BURGER

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

HAM, EGG & CHIPS GF

with two Cae Llwyn eggs & chips
£12.50

BEEF LASAGNE

with seasoned chips & side salad
£14.00

BEEF CHILLI

with fried tortillas, avocado & rice
£13.00

5 BEAN CHILLI VG

with fried tortillas, avocado & rice
£13.00

PLEASE SPEAK TO A MEMBER OF OUR TEAM WHEN PLACING YOUR ORDER IF YOU HAVE FOOD INTOLERANCES OR ALLERGIES



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 GOJONS

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