



Breakfast/Brunch/Lunch

(Last Orders 2.30 pm))

	Eat In	T/A
Foxy's Breakfast (E,C,SD,M) 2 Rashers of Bacon, Egg (Fried, Scrambled or Poached) Sausage, Baked Beans, Sautéed Mushrooms, Hash Brown, Black Pudding, Grilled Tomato, Toast & Butter	£7.25	£6.50
Vegetarian Breakfast (V) (E,C,M,MM) Glamorgan Sausage, Egg (Fried, Scrambled or Poached) Baked Beans, Sautéed Mushrooms, Grilled Tomato, Spicy Sweet Corn Fritters, Hash Brown, Toast & Butter	£6.95	£6.20
Vegan Breakfast (C) (VEGAN) Vegan Sausage, Pea & Mint Fritter, Roast Tomato, Hash Brown, Baked Beans, Sautéed Spinach, Mushrooms, Toast & Non Dairy Spread	£6.95	£6.20
Mini Breakfast: Choose 4 of the following: Fried/Poached/Scrambled Egg, Pork & Leek Sausage, Beans, Bacon, Glamorgan Sausage, Hash Brown, Pea & Mint Fritter, Spicy Sweetcorn Fritter, Vegan Sausage, Sautéed Mushrooms, Roasted Tomato (V) Served with 1 Toast	£4.50	£4.00
Breakfast in Bread! (E,CM) (V) Sausage, Bacon, Mushrooms & Fried Egg or Glamorgan Sausage, Sautéed Mushrooms, Wilted Spinach, Fried Egg (V)	£6.25	£5.50
Bacon, Tomato, Avocado & Poached Eggs (SD, C,E,M) on Toasted Ciabatta	£6.50	£5.50
Sautéed Mushrooms with Grain Mustard & Cream on Toast	£6.00	£5.00
Breakfast Omelette (E,SD) Bacon, Sausage, Chorizo & Onion or Spinach, Mushroom, Cheese & Onion (V)	£5.95	£5.00
Eggs Benedict (E, M,C) Florentine (E, M,C) (V) Royale (E, M,C,F) Pembroke Ham Spinach Smoked Salmon (45p extra) Toasted Muffin, 2 Poached Eggs & Hollandaise Sauce	£6.50	£5.75
Welsh Crumpets Laver Bread, Bacon, Oats & Onion & Welsh Rarebit on Crumpets with Fried Eggs	£6.50	£5.75
Free Range Eggs on Toast (V) (E, M,C) Fried, Scrambled or Poached	£4.50	£3.50
Glamorgan Sausage (V) or Bacon or Sausage Sandwich (C,M)	£4.25	£3.50
Balsamic Tomatoes on Toast (C, M) (Vegan)	£4.50	£3.50
Baked Beans on Toast (V) Cheesy Beans add 50p (C,M)	£3.50	£3.00
Foxy's Muesli (C,M) (V)	£3.00	£2.50
Toast x 2 Butter or Non Dairy Spread & Marmalade/Jam (M,C)	£2.30	£1.80
Toasted Teacake & Butter	£2.30	£1.80
Extras: Bacon, Sausage (C) Black Pudding (C), Mushrooms, Pea & Mint Fritter (2) (V) Sweetcorn Fritters (2) (V) 80p Egg (E), (E,C) Baked Beans, Grilled Tomato, Hash Brown 60p Smoked Salmon (F) Glamorgan Sausage (V) (C,M,E,MM) £1.50		
Soup Of The Day (v) with Bread & Butter	£5.00	£4.00
Foxy's Beef Lasagne with Salad & Fries (MM,C,M,E,CL)	£6.95	£6.00
Welsh Rarebit (v) (E,C,M) Béchamel Sauce with Grain Mustard, Worcestershire Sauce (v), Egg Yolks & Milk On Toast with Onion Marmalade	£6.50	£5.50
Glamorgan Sausages (V) (C,M,MM,E) With Coleslaw, Sweet Chilli Sauce & Salad	£6.95	£6.00
Aubergine, Red Lentil & Red Pepper Moussaka (v) (M,E) Served with Dressed Salad,	£6.50	£5.50
Omelette, Fries or Sweet Potato Fries & Salad (E,M) Choice of 2-(Ham, Cheddar Cheese, Spinach, Mushroom, Bacon, Sausage, Red Onion, Spinach)	£7.25	£6.25

PLEASE TURN OVER

Homemade Quiche of the Day (E,M,C) with Coleslaw & Salad	£6.75	£5.75
Corned Beef Hash Pie	£6.50	£6.00
With a Sage & Onion Stuffing Base, Fried Egg & Baked Beans		
Roasted Vegetable & Vegan Cheese Calzone (C) (VEGAN)	£6.75	£5.75
With Sweet Potato Fries, & Salad		
Spanakopita (Spinach & Feta Filo Pie) (V) (C,M)	£7.00	£5.95
With Bulgur Wheat Salad, Tzatziki & Pea & Mint Fritters		
Croque Monsieur or Croque Epinard (V) (MM, C,M)	£6.50	£5.50
Toasted Cheese & Ham or Goats Cheese & Spinach Smothered in Rich Grain Mustard Béchamel Sauce served with a Dressed Salad		
Welsh Rarebit (v)	£6.50	£5.50
With Salad & Onion Marmalade		
Proper Cornish Pasty , Mashed Potato, Peas & Gravy (M,C)	£6.75	£5.95
Jacket Potato (Butter and 1 Filling)	£5.00	£4.00
Cheddar (M), Coleslaw, Tuna Mayo (F), Baked Beans, (Extra Filling £1)		
All Day Breakfast Salad (SD,C,E)		
Bacon, Chorizo Sausage, Black Pudding, Poached Egg & Croutons and a Dressed Salad	£6.95	£6.00

SANDWICHES

Your Choice of: Malted, White, Baguette, Ciabatta

	<u>Eat In</u>	<u>T/A</u>
Humus & Roasted Peppers (V) (C,SE)	£4.75	£3.25
Mozzarella, Pesto, Tomato & Salad Leaves (V) (C,M)	£4.50	£3.25
Mature Cheddar & Pickle (V) (C,M)	£4.50	£3.25
Goats Cheese & Roasted Peppers (V) (M,C)	£4.50	£3.25
Free Range Egg Mayonnaise (V) (E,C)	£4.50	£3.25
Grilled Haloumi, Pesto & Tomato (V) (C,M,N)	£4.50	£3.50
Roast Beef, Dijon Mustard & Red Onion (MM,C,M)	£4.50	£3.25
Red Devil Cheese, Chorizo & Onion Marmalade (C,M)	£4.75	£3.50
Bacon, Lettuce, Tomato & Mayo (C,SD)	£4.50	£3.25
Bacon, Brie & Cranberry (SD, M, C)	£4.50	£3.50
Cheddar, Ham & Tomato (M,C)	£4.50	£3.25
Smoked Blacky Ham & Brie (M,C)	£4.50	£3.50
Pembroke Ham, Dijon Mustard & Tomato (M,C)	£4.50	£3.25
Pembroke Ham & Egg Mayo (C,E,M)	£4.50	£3.25
Roast Beef, Horseradish & Red Onion (M,C)	£4.95	£3.25
New York Bagel (M,MM)	£4.50	£3.25
(Roast Beef, Gherkins, Cream Cheese & American Mustard)		
Roast Turkey & Cranberry Sauce (C,M)	£4.75	£3.25
Tuna Mayo (C,F)	£4.50	£3.25
Tuna Melt (Toasted with Cheddar) (C, M,F)	£4.95	£3.50
Fish Fingers & Lettuce & Tartare Sauce (F,C)	£4.50	£3.50

Add Fries to any sandwich for £2.50 !

Kids Menu

All £4.00

- Pork & Leek Sausage (C) or Glamorgan Sausage (C,MM,M) (V), Fries & Beans (M,C)
- Jacket Potato With Butter (M) With: Beans, Cheese (M), Coleslaw or Tuna Mayo (F)
- Fish Finger Sandwich (C, F, M)

Sandwich Box Deal

Egg Mayo (M,E)/ Tuna Mayo(F)/Cheese (M), Ham (M) Packet of Crisps, Apple/Orange Juice Carton or Fruit

Don't Forget We Have An Excellent Range Of Foxy's Frozen Ready Meals To Go Please For Current Selection

ALLERGENS KEY:

C Cereals Containing Gluten : Wheat(Such as Spelt & Khorason Wheat) Rye, Barley, Oats CR-Crustaceans e.g Prawns, Crabs, Lobster, Crayfish E-Eggs F-Fish P-Peanuts S-Soyabeans M-Milk N-NutsCL—Celery (including Celeriac) MM-MustardSE—SesameSD-Sulphur Dioxide including SulphitesL—Lupin MC-Molluscs, e.g. Clams, Mussels, Whelks, Oysters, Snails & Squid