



## Breakfast/Brunch Menu (Served all Day)

**Foxy's Breakfast** (E,C,SD,M) £7.25

2 Rashers of Bacon, Egg (Fried, Scrambled or Poached) Sausage, Baked Beans, Sautéed Mushrooms, Hash Brown, Black Pudding, Grilled Tomato, Toast & Butter

**Vegetarian Breakfast** (V) (E,C,M,MM) £6.95

Glamorgan Sausage, Egg (Fried, Scrambled or Poached) Baked Beans, Sautéed Mushrooms, Grilled Tomato, Sweet Corn Fritters, Hash Brown, Toast & Butter

**Vegan Breakfast** (c) £6.95

Vegan Sausage, Sweet Potato Falafel, Roast Tomato, Hash Brown, Baked Beans, Sautéed Spinach, Mushrooms  
Toast & Non Dairy Spread

**Welsh Crumpets** (C,E,SD,M) £6.00

Toasted Crumpets Topped with Welsh Rarebit & Laver bread, Bacon & Oats with Fried Eggs

**Breakfast in Bread!** (E,C,M) £6.25

Sausage, Bacon, Mushrooms & Fried Egg

or

Glamorgan Sausage, Sautéed Mushrooms, Wilted Spinach, Fried Egg (V)

**Eggs Benedict or Florentine** (V) (E,M,C) £6.50

(Pembroke Ham or Spinach) Toasted Muffin, 2 Poached Eggs & Hollandaise Sauce

**Free Range Eggs on Toast** (V) (E,M,C) £4.50

Fried, Scrambled or Poached

**Glamorgan Sausage or Bacon or Sausage Sandwich** (C,M) £4.25

**Balsamic Tomatoes on Toast** (C,M) (Vegan) £4.50

**Baked Beans on Toast** (V) Cheesy Beans add 50p (C,M) £3.50

**Wolfy's Porridge** (C,M) (V) £3.00

Spiced Porridge with Pear & Ginger, Plain Organic, Nutty with Honey or Mixed Berry

**2 Toast, Butter, Non Dairy Spread & Marmalade/Jam** (M,C) £2.30

**Extras:** Bacon, Sausage (C), Black Pudding (C), Mushrooms 80p Egg (E), Baked Beans, Grilled Tomato, Hash Brown 60p  
Smoked Salmon (F) Glamorgan Sausage (V) (C,M,E,MM) £1.50

Home Made Soup of the Day (C,M,C,I) £5.00

Served With Fresh Bread & Butter

**Beef Lasagne** (M,M,C,M,E,CL) £6.95

with Salad & Fries

**Glamorgan Sausages** (V) (C,M,MM,E) £6.95

With Coleslaw, Sweet Chilli Sauce & Salad

**Omelette, Fries or Sweet Potato Fries & Salad** (E,M) £7.25 Choice of 2

- (Ham, Cheddar Cheese, Spinach, Mushroom, Bacon, Sausage, Red Onion, Spinach)

**Homemade Quiche of the Day** (E,M,C) £6.75

With Coleslaw & Salad

**Jacket Potato** (Butter and 1 Filling) £5.00

Cheddar (M), Coleslaw, Tuna Mayo (F), Baked Beans, Bolognese (CL) (Extra Filling £1)

**Welsh Rarebit** (V) (M,C,MM) £6.50

On Granary Toast, Onion Marmalade & Salad

**Croque Monsieur or Croque Epinard** (V) (M,M,C,M) £6.50

Toasted Cheese & Ham or Goats Cheese & Spinach Smothered in Rich Bechamel Sauce served with a Salad

**Butternut Squash, Beetroot, Spinach & Goats Cheese Burger** (V) (C) £7.00

In a Toasted Bun, Sweet Chilli Sauce, Tomato & Lettuce, Sweet Potato Fries

**Extras:** Fries (V) £2.50 Sweet Potato Fries (V) £2.50

Dressed Side Salad (MM) (V) £1.25

**CHECK OUT THE SPECIALS BOARD AS WELL!**

## SANDWICHES

either : Malted, White, Baguette

All Served With A Dressed Side Salad (MM)

Roast Beef, Dijon Mustard & Red Onion (MM,C,M) £4.50

Smoked Blacky Ham & Brie (M,C) £4.50

BLT (Bacon,Lettuce, Tomato & Mayo) (C) £4.50

Cheddar, Ham & Tomato (M,C) £4.50

Pembroke Ham, Dijon Mustard & Tomato (M,C) £4.50

Chorizo,Cambozola & Tomato (M,C,S) £4.95

Free Range Egg Mayonnaise(V) (E, C) £4.75

Houmous & Roasted Peppers (V) (C, SE) £4.75

Mature Cheddar & Pickle (V) (C,M) £4.50

Mozzerella,Pesto, Tomato & Salad Leaves(V) (C,M) £4.50

New York Bagel (M,MM) £4.50

(Roast Beef, Gherkins, Cream Cheese & American Mustard)

Roast Turkey & Cranberry Sauce (C, M) £4.75

Tuna Mayo (C, F) £4.50

Tuna Melt (Toasted with Cheddar) (C, M, F) £4.95

Red Devil Cheese, Chorizo & Onion Marmalade (C, M) £4.75

Fish Finger & Rocket Sandwich & Tartare Sauce (F, C) £4.50

Add Fries for £2.50 !

## Kids Menu

All £4.00

**Pork & Leek**(C) or **Glamorgan Sausage** (C,MM,M) (V), **Fries & Beans** (M,C)

**Jacket Potato** With Butter (M)

With : Beans, Cheese (M),

Coleslaw, Tuna Mayo (F) or Bolognese

**Fish Finger Sandwich** (C, F, M)

**Sandwich Box Deal**

Egg (M,E)/Tuna Mayo (F)/ Cheese (M), Ham(M)

Packet of Crisps

Apple/Orange Juice Carton or Fruit

## 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-Nuts  
CL—Celery (including Celeriac ) MM-Mustard SE -Sesame SD-Sulphur Dioxide including Sulphites  
L -Lupin MC-Molluscs e.g Clams, Mussels,Whelks, Oysters, Snails & Squid