



Breakfast/Brunch/Lunch

(Last Orders 2.30 pm))

Eat In T/A

Breakfast Salad (SD,C,E)

Bacon, Chorizo Sausage, Black Pudding, Poached Egg & Croutons and a Dressed Salad £6.95 £6.95

Foxy's Breakfast (E,C,SD,M)

£7.25 £6.50

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

Vegetarian Breakfast (V) (E,C,M,MM)

£6.95 £6.20

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

Vegan Breakfast (C) (VEGAN)

£6.95 £6.20

Vegan Sausage, Pea & Mint Fritter, Roast Tomato, Hash Brown, Baked Beans, Sautéed Spinach, Mushrooms, Toast & Non Dairy Spread

Mini Breakfast: Choose 4 of the following:

£4.50 £4.00

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

Bacon, Tomato, Smashed Avocado & Poached Eggs with Balamic Syrup Drizzle £6.50 £5.50

(SD, C,E,M) on Toasted Ciabatta

Breakfast Omelette (E,SD)

Bacon, Sausage, Chorizo & Onion or Spinach, Mushroom, Cheese & Onion **(V)** £5.95 £5.00

Spanish Continental Breakfast

Toasted Foxy's Bread, Chorizo, Olives, Manchego Cheese, Roasted Santos Tomatoes, £6.50 £6.00

Extra Virgin Basil Olive Oil, Fig & Date Balsamic Vinegar

Eggs Benedict (E, M,C) **Florentine** (E, M,C) **(V)** **Royale** (E, M,C,F) £6.50 £5.75

Pembroke Ham **Spinach** **Smoked Salmon** (45p extra)

Toasted Muffin, 2 Poached Eggs & Hollandaise Sauce

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)

£4.50 £4.00

Fried, Scrambled or Poached

Dippy Boiled Eggs **(V)** & Soldiers

£4.50 £4.00

Glamorgan Sausage **(V)** or Bacon or Sausage Sandwich (C,M)

£4.25 £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

Foxy's Beef or Roasted Vegetable Lasagne **(v)** with Salad & Fries (MM,C,M,E,CL) £6.95 £6.00

Welsh Rarebit **(v)** (E,C,M) On Toast with Onion Marmalade **(v)** £6.50 £5.50

Glamorgan Sausages **(V)** (C,M,MM,E) £6.95 £6.00

With Coleslaw, Sweet Chilli Sauce & Salad

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

Homemade Calzone of the Day (C)

£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

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, Chilli Con Carne (Extra Filling £1)

Lamb Shank (M) with Minted Gravy, Mashed Potato, Peas & Carrots (M,C) £12.95 £11.95

Chilli Con Carne (M,C) with Rice, Home Made Garlic Bread & Greek Yoghurt	£6.95	£6.50
Foxy's Margarita Pizza (C,M) (7 inch) (Vegan & Gluten Free Available)	£3.50	£3.50
Extra Toppings – 60p Pembroke Ham, Mushroom, Chorizo, Red Onion, Bacon, Nduga Spicy Sausage, Pork & Leek, Sausage, Fresh Red Chilli, Black Pudding, Cheddar, Spinach, Roasted Red Peppers, Olives, Caramelised Onions, Goats Cheese, Perl Las, Brie, Red Devil Cheese, Vegan Cheese, Manchego		

Extras

Dirty Fries (M) – Chunky Fries with Jalapeño Cheese Sauce	£3.50	£3.00
Topped with Either Bacon, Fresh Red Chilli or Fried Onions		
Chilli Cheese Fries (M) – Chunky Fries, Chilli Con Carne, Jalapeño Cheese Sauce	£4.50	£4.00
Home Made Garlic Bread (C,M) (Cheesy Garlic Bread £1 extra) (V)	£2.95	£2.50
Garlic Dough Balls (C,M) (8) (V)	£2.50	£2.50
Dressed Side Salad (V)	£2.50	£2.50

SANDWICHES

Your Choice of: Malted, White, Baguette, Ciabatta

	<u>Eat In</u>	<u>T/A</u>
Houmus & Roasted Peppers (Vegan) (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

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, Chilli Con Carne (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 Daily Specials And An Excellent Range Of Foxy's Frozen Ready Meals To Go

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-Mustard SE—Sesame SD-Sulphur Dioxide including Sulphites—Lupin MC-Molluscs, e.g. Clams, Mussels, Whelks, Oysters, Snails & Squid