



# Yr Orsaf

## Restaurant & Bar

# Menu

[pembreycountrypark.wales](http://pembreycountrypark.wales)

# Breakfast Menu

Served from 9.30am - 11.30am



## Pastries & Nibbles

Croissant	£2.00
Pan Au Chocolate	£2.00
Toast, Butter & Jam/Marmalade	£1.50
Toasted Teacake, Butter & Jam or Marmalade	£2.00
Porridge Pot, Jam (VG)	£2.50

## Muffins & Cakes

(Ask for today's selections)

Donut	£2.00
Blueberry Muffin	£2.50
Raspberry White Choc Muffin	£3.00
Double Choc Muffin	£3.50
Salted Caramel Muffin	£4.00
Victoria Sponge Cake	£4.00
Gluten Free Choc Fudge Cake (GF)	£4.00
Special Cake	£4.00
Lemon Meringue Pie	£4.00
Cheesecake of the Day	£4.00

## Sweet Start

### Pancakes or Waffles

With Streaky Bacon & Maple Syrup	£7.00
With Berries & Cream or Biscoff (V)	£7.00

## On Toast

Choice of Brown or White Toast	
Cheese (V)	£3.50
Beans (VG)	£3.50
2 Eggs, (Scrambled or Fried) (V)	£4.50
Mushrooms (VG)	£4.50

## Breakfast Mains

<b>Small Breakfast</b>	<b>£6.00</b>
Back Bacon, Fried Egg, Beans, Mini Hash Browns & Toast	
<b>Full Breakfast</b>	<b>£9.00</b>
Back Bacon, Sausage, Egg, Tomato, Mushrooms, Beans, Hash Brown Bites & Toast	

## Breakfast Rolls GF bread & rolls available on request

Bacon	Roll £4.50 / Baguette £5.00
Sausage	Roll £4.50 / Baguette £5.00
Bacon & Egg	Roll £5.00 / Baguette £6.00
Sausage & Egg	Roll £5.00 / Baguette £6.00
Bacon & Sausage	Roll £5.50 / Baguette £6.50
Egg, Mushroom & Avocado (v)	Roll £5.00 / Baguette £6.00

## Vegan Diets

Vegetable Sausage (VG)	Roll £4.50 / Baguette £5.00
Vegan Breakfast (VG)	£10.00
Vegetable Sausages, Tomato, Mushrooms, Beans, Avocado, Hash Brown Bites & Toast	
Vegan Bean Burrito (VG)	£10.00
Mixed Beans, Rice, Fajita Sauce and Piri Piri Sauce in a Spinach Wrap, Side Salad	

## Welsh Corner



<b>Welsh Breakfast</b>	<b>£11.00</b>
Fried Cockles, Laverbread, Back Bacon, Pork & Leek Sausage, Fried Egg, Tomato, Mushrooms & Fried Bread	



# Lunch Menu

Served from 12pm - 4pm



## Nibbles & Small Bites

<b>Bowl of Olives (VG, GF)</b>	<b>£4.00</b>
<b>Assortment of Breads, Oil &amp; Balsamic (VG)</b>	<b>£3.00</b>
<b>Garlic Bread, Add Cheese +£0.50 (VG/V)</b>	<b>£3.00</b>
<b>Fries, Add Cheese +£1 (VG/V)</b>	<b>£3.00</b>
<b>Sweet Potato Fries (VG)</b>	<b>£3.50</b>
<b>Onion Rings (VG)</b>	<b>£3.00</b>

## Salads

<b>Caesar Salad</b>	<b>£8.00</b>
Romaine Lettuce, Cherry Tomatoes, Shaved Grana Padano, Croutons, Caesar Dressing. Add Chicken +£3	
<b>Prawn &amp; Avocado</b>	<b>£13.00</b>
Chilled Noodles, Peppers, Red Cabbage, Carrot, Spicy Sesame Dressing	
<b>Greek Falafel &amp; Orzo (V)</b>	<b>£12.00</b>
Feta Cheese, Olives, Cherry Tomatoes, Cucumber, Lemon Herb Dressing	
<b>Indian Summer Chicken &amp; Quinoa</b>	<b>£13.00</b>
Tomatoes, Broad Beans, Chickpeas, Mixed Peppers, Curry Dressing, Naan Bread, Onion Bhaji	

## Pizza

GF Pizza bases & VG cheese available on request

<b>Margarita (V)</b>	<b>£9.50</b>
<b>Pepperoni</b>	<b>£11.50</b>
<b>Meat Lovers- Pepperoni, Ham, Bacon,</b>	<b>£14.00</b>
<b>Cajun Chicken</b>	
<b>Veggie - Mushrooms, Peppers, Olives (V)</b>	<b>£12.50</b>

## Burgers

GF rolls available on request

<b>Served with Fries &amp; Coleslaw</b>	
<b>Beef Burger</b>	<b>£10.00</b>
Lettuce & Tomato, Add Bacon +£1, Add Cheese +£1	
<b>Cajun Chicken Burger</b>	<b>£13.50</b>
Blackened Chicken Breast, Lettuce, Pickles, Remoulade Sauce	
<b>Vegan Bean Burger (VG)</b>	<b>£13.50</b>
Halloumi*, Avocado, Carmarthenshire Chilli Jam	
*Our Halloumi is not Vegan, but this can be made with Vegan cheddar cheese	



## Welsh Corner



<b>Fried Cockles</b>	<b>£6.00</b>
<b>Welsh Cheese Board</b>	<b>£17.50</b>
200g Assorted Welsh Cheeses, Tomato & Beer Chutney & Sea Salt Crackers	
<b>Lamb Burger</b>	<b>£16.00</b>
Caerphilly Cheese, Pickled Samphire, Carmarthenshire Chilli Jam, Fries	

## Main Meals

<b>Fish &amp; Chips</b>	<b>£14.00</b>
Garden Peas, Tartar Sauce	
<b>Beef Chili (GF)</b>	<b>£12.00</b>
Rice, Chips or ½ & ½	
<b>Chicken Curry</b>	<b>£13.00</b>
Rice, Chips or ½ & ½ (GF - without Naan)	
<b>Chickpea, Sweet Potato &amp; Spinach Curry</b>	<b>£13.00</b>
Rice, Chips or ½ & ½ (GF - without Naan)	

## Sandwiches

<b>Choice of White or Brown Bread or Baguette, Side Salad &amp; Slaw (GF bread &amp; rolls available on request)</b>	
<b>Cheese &amp; Tomato or Onion Chutney</b>	<b>£5.00</b>
<b>Ham &amp; Cheese or Tomato</b>	<b>£5.50</b>
<b>Chicken Tikka</b>	<b>£5.75</b>
<b>Coronation Chickpea (VG)</b>	<b>£5.75</b>

Ask us about our Daily Specials!

Food allergies and intolerances, please tell a member of staff before ordering and ask for any information.

GF - Gluten Free,  
 V - Vegetarian  
 VG - Vegan

# Dinner Menu

Served from 4pm - close



## Nibbles & Small Bites

<b>Bowl of Olives (VG, GF)</b>	<b>£4.00</b>
<b>Assortment of Breads, Oil &amp; Balsamic (VG)</b>	<b>£3.00</b>
<b>Garlic Bread, Add Cheese +£0.50 (VG/V)</b>	<b>£3.00</b>
<b>Fries, Add Cheese +£1 (VG/V)</b>	<b>£3.00</b>
<b>Sweet Potato Fries (VG)</b>	<b>£3.50</b>
<b>Onion Rings (VG)</b>	<b>£3.00</b>

## Salads

<b>Caesar Salad</b>	<b>£8.00</b>
Romaine Lettuce, Cherry Tomatoes, Shaved Grana Padano, Croutons, Caesar Dressing. Add Chicken +£3	
<b>Prawn &amp; Avocado</b>	<b>£13.00</b>
Chilled Noodles, Peppers, Red Cabbage, Carrot, Spicy Sesame Dressing	
<b>Greek Falafel &amp; Orzo (V)</b>	<b>£12.00</b>
Feta Cheese, Olives, Cherry Tomatoes, Cucumber, Lemon Herb Dressing	
<b>Indian Summer Chicken &amp; Quinoa</b>	<b>£13.00</b>
Tomatoes, Broad Beans, Chickpeas, Mixed Peppers, Curry Dressing, Naan Bread, Onion Bhaji	

## Pizza

GF Pizza base & VG cheese available on request

<b>Margarita (V)</b>	<b>£9.50</b>
<b>Pepperoni</b>	<b>£11.50</b>
<b>Meat Lovers- Pepperoni, Ham, Bacon,</b>	<b>£14.00</b>
<b>Cajun Chicken</b>	
<b>Veggie - Mushrooms, Peppers, Olives (V)</b>	<b>£12.50</b>

## Burgers

Served with Fries & Coleslaw

<b>Beef Burger</b>	<b>£10.00</b>
Lettuce & Tomato, Add Bacon +£1, Add Cheese +£1	
<b>Cajun Chicken Burger</b>	<b>£13.50</b>
Blackened Chicken Breast, Lettuce, Pickles, Remoulade Sauce	
<b>Vegan Bean Burger (VG)</b>	<b>£13.50</b>
Halloumi*, Avocado, Carmarthenshire Chilli Jam	
*Our Halloumi is not Vegan, but this can be made with Vegan cheddar cheese	



## Welsh Corner



<b>Fried Cockles</b>	<b>£6.00</b>
<b>Welsh Cheese Board</b>	<b>£17.50</b>
200g Assorted Welsh Cheeses, Tomato & Beer Chutney & Sea Salt Crackers	
<b>Lamb Burger</b>	<b>£16.00</b>
Caerphilly Cheese, Pickled Samphire, Carmarthenshire Chili Jam, Fries	

## Main Meals

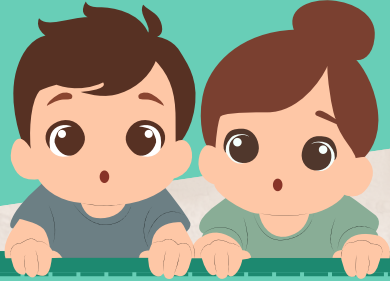
<b>Fish &amp; Chips</b>	<b>£14.00</b>
Garden Peas, Tartar Sauce	
<b>Chicken or Vegan Curry (GF without Naan)</b>	<b>£13.00</b>
Rice, Chips or ½ & ½	
<b>Cod With Prawns (GF)</b>	<b>£15.00</b>
Buttered New Potatoes, Tender stem Broccoli, Prawn Cream Sauce	
<b>Roast Pork Belly</b>	<b>£15.00</b>
Chorizo Mashed Potatoes, Roasted Carrots, Tender stem Broccoli, Apple Puree & Red Wine Jus	
<b>Sirloin Steak (GF)</b>	<b>£17.00</b>
Roasted Tomato, Portobello Mushroom, Peppercorn Sauce, Fries	

**Ask us about our Daily Specials!**

Food allergies and intolerances, please tell a member of staff before ordering and ask for any information.

GF - Gluten Free,  
V - Vegetarian  
VG - Vegan





# CHILDREN'S • MENU •

**£5.00 each**

Served 09:30 – 11:30

## BREAKFAST

**Egg & Beans on Toast (GF,V)**

**Mini Breakfast, Bacon or Sausage, Egg  
& Beans, Mini Hash Browns**

All meals come with a juice box or glass of milk & a piece of fruit

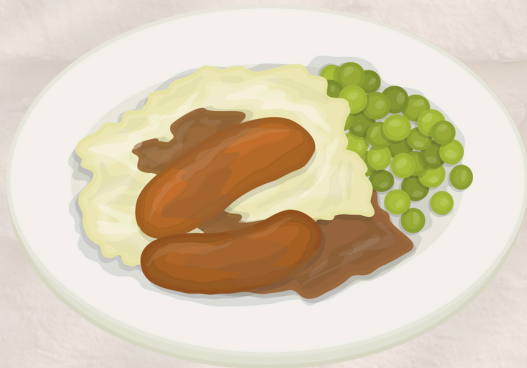


Served 12pm – Close

## MAIN MEAL

- Sausage, Mash & Peas
- Fish Fingers, Buttered Baby Potatoes & Peas (GF)
- Chicken Nuggets & Chips
- Mini Pizza & Mini Green Salad
- Baby Chicken Caesar Salad (GF)

All main meals come with a juice box



Served 12pm – Close

## LUNCH BOX

GF bread available on request

**Ham, Cheese or Jam Sandwich  
with Crisps and a  
Freddo chocolate and a juice box**



## Diod Poeth | Hot Drinks



Americano	£2.70
Espresso Dwbl / Double Espresso	£3.10
Latte	£2.90
Mocha	£3.20
Cappuccino	£2.90
Coffi Gwyn Fflat / Flat White	£2.90
Te/Tea	£2.20
Siocled Poeth / Hot Chocolate	£2.90
Siocled Poeth Moethus / Deluxe Hot Chocolate	£3.40

## Diod Meddal | Soft Drinks

Coke/7 Up/Fanta/Dr Pepper/Ginger Beer	£1.60
Diet Coke/Coke Zero/7Up Zero/Diet Oran /Orange Tango	£1.50
Sudd Ffrwyth /Fruit Juice	£1.00
Ysgytlaeth / Milkshake	£1.00
Dŵr /Water	£1.50
Dŵr Pefriog / Sparkling Water	£1.50



## Hufen lâ | Ice Cream

Magnum Classic	£3.50
Magnum White	£3.50
Magnum Vegan	£3.50
Cornetto	£3.00
Callipo	£2.50
Mario Tubs	£2.50
Feast Original	£2.50
Solero Exotic	£3.00
Twister	£2.50



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## Cacennau | Cakes

(Gofynnwch am ddetholiadau heddiw)

(Ask for today's selections)

Donyts	£2.00	Donut
Myffin duon bach	£2.50	Blueberry Muffin
Myffin Siocled Gwyn Mafon	£3.00	Raspberry White Choc Muffin
Myffin Siocled Dwbl	£3.50	Double Choc Muffin
Myffin Caramel Halt	£4.00	Salted Caramel Muffin
Cacen Sbwng Victoria	£4.00	Victoria Sponge Cake
Cacen Siocled Heb Glwten	£4.00	Choc Fudge Cake (GF)
Cacen Arbennig	£4.00	Special Cake
Pastai Meringue lemwn	£4.00	Lemon Meringue Pie
Cacen Gaws y Dydd	£4.00	Cheesecake of the Day







**£3.50**

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