

## Yr Orsaf Bwyty a Bar

Bwydlen

parcgwledigpenbre.cymru





## Breakfast

Served until 11.30am

#### **Sweet Start**



#### **Pancakes or Waffles**

With 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

#### **Pastries & Nibbles**

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

#### **Muffins & Cakes**

(Ask for today's selections)

£2.00
£2.50
£3.00
£3.50
£4.00
£4.00
£4.00
£4.00
£4.00
£4.00

#### **Breakfast Mains**

Breakrast Mains	
Small Breakfast	£6.00
Back Bacon, Fried Egg, Beans, Mini Hash	
Browns & Toast	
Full Breakfast	£9.00
Back Bacon, Sausage GF, 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 (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, Hash Brown Bites & Toast





## Main Menu

Served from 12pm - close



#### Nibbles & Small Bites

Bowl of Olives (VG, GF)	£4.00
Garlic Bread, Add Cheese +£0.50 (V)	£3.00
Fries (GF), Add Cheese +£0.50 (V)	£3.00
Sweet Potato Fries (VG, GF)	£3.50
Onion Rings (VG)	£3.00
Side Salad (VG, GF)	£4.50

#### Pizza GF Pizza bases & VG cheese available on request

Margarita (V)	£9.50
Pepperoni	£11.50
Meat Feast- Pepperoni, Ham, Sausage	£14.00
& Spicy Beef	
Veggie - Mushrooms, Peppers,	£12.00
Sweetcorn, Onions(V)	
Chicken Pesto- Fresh Mozzarella,	£13.00

adwich Togstie Baquette Jacket Potato (GE)

**Sun-dried Tomatoes** 

Beans & Cheese (V)          £6.00         Cheese & Tomato (V)       £5.00       £6.00       £5.50       £6.00         Ham & Tomato       £5.00       £6.00       £5.50       £6.00         Ham & Cheese       £5.50       £6.50       £6.00       £6.50         Cheese & Chutney (V)       £5.50       £6.50       £6.00       £6.50         Chicken Pesto & Sun-dried Tomato       £5.50       £6.50       £6.00       £6.50         Chicken & Bacon       £5.75       £7.00       £6.50       £7.00         Tuna Mayo       £5.75       £7.00       £6.50       £7.00         Hummus, Beetroot & Salad (VG)       £5.50       £6.50       £6.00       £6.50		Sanawich	loustie	baguette	Jacket Potato (GF)
Ham & Tomato       £5.00       £6.00       £5.50       £6.00         Ham & Cheese       £5.50       £6.50       £6.00       £6.50         Cheese & Chutney (V)       £5.50       £6.50       £6.00       £6.50         Chicken Pesto & Sun-dried Tomato       £5.50       £6.50       £6.00       £6.50         Chicken & Bacon       £5.75       £7.00       £6.50       £7.00         Tuna Mayo       £5.75       £7.00       £6.50       £7.00	Beans & Cheese (V)				£6.00
Ham & Cheese       £5.50       £6.50       £6.00       £6.50         Cheese & Chutney (V)       £5.50       £6.50       £6.00       £6.50         Chicken Pesto & Sun-dried Tomato       £5.50       £6.50       £6.00       £6.50         Chicken & Bacon       £5.75       £7.00       £6.50       £7.00         Tuna Mayo       £5.75       £7.00       £6.50       £7.00	Cheese & Tomato (V)	£5.00	£6.00	£5.50	£6.00
Cheese & Chutney (V)       £5.50       £6.50       £6.00       £6.50         Chicken Pesto & Sun-dried Tomato       £5.50       £6.50       £6.00       £6.50         Chicken & Bacon       £5.75       £7.00       £6.50       £7.00         Tuna Mayo       £5.75       £7.00       £6.50       £7.00	Ham & Tomato	£5.00	£6.00	£5.50	£6.00
Chicken Pesto & Sun-dried Tomato	Ham & Cheese	£5.50	£6.50	£6.00	£6.50
Chicken & Bacon	Cheese & Chutney (V)	£5.50	£6.50	£6.00	£6.50
Tuna Mayo£5.75 £7.00 £6.50 £7.00	Chicken Pesto & Sun-dried Tomato	£5.50	£6.50	£6.00	£6.50
	Chicken & Bacon	£5.75	£7.00	£6.50	£7.00
Hummus, Beetroot & Salad (VG) £5.50 £6.50 £6.00 £6.50	Tuna Mayo	£5.75	£7.00	£6.50	£7.00
	Hummus, Beetroot & Salad (VG)	£5.50	£6.50	£6.00	£6.50

all served with side salad & coleslaw



#### Welsh Corner



2-1-1-2-1	
Fried Cockles	£6.00
Lamb Cawl	£8.00
Welsh Rarebit (V)	£7.00
Fagots, Mash Potato, Mushy F	Peas & Gravy £12.00

#### **Main Meals** Fish & Chips

Garden peas, Tartar Sauce	
Cheese & Bacon Beef Burger	£12.00
Lettuce, tomato, chips & coleslaw	
Beef Lasagne	£12.00
served with garlic bread & side salad	
Vegan Lasagne (VG)	£12.00
served with garlic bread & side salad	
Buttered Chicken Curry (GF without Naan)	£12.00
Naan bread, Rice, chips or ½ & ½	
Sausage & Mash (GF)	£12.00

#### Ask us about our Daily Specials!



£12.00

served with peas & gravy







# CHILDREN'S • MENU •

£5.00 each

Served until 11:30am

#### **BREAKFAST**

Egg & Beans on Toast (V)

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

All meals come with a juice box or glass of milk



Served 12pm - Close

#### **MAIN MEAL**

Sausage (GF) **Cod Bites Chicken Nuggets** Mini Pizza (V) **Beef Burger** 

All main served with chips or mash and peas or beans



#### **LUNCH BOX**

GF bread available on request

Ham, Cheese or Jam Sandwich with crisps, Freddo chocolate and milkshake or juice box

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

GF - Gluten Free, V - Vegetarian VG - Vegan







## **Diod I Drinks**

### **Diod Poeth | Hot Drinks**



Americano	£2.70
Espresso Dwbl / Double Espresso	£2.00
Latte	£3.20
Mocha	£3.50
Cappuccino	£3.20
Coffi Gwyn Fflat / Flat White	£3.20
Te/Tea	£2.00
Siocled Poeth /Hot Chocolate	£3.20
Siocled Poeth Moethus / Deluxe Hot Chocolate	£3.70

### Diod Meddal I 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 l Ice Cream

#### Cacennau I Cakes



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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£2.50

(Gofynnwch am ddetholiadau hedd	diw)	(Ask for today's selections)
Donyts	£2.00	Donut
Myffin duon bach	£2.50	Blueberry Muffin
Myffin Siocled Gwyn Mafon	£3.00	<b>Raspberry White Choc Muffir</b>
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







## Traeth a Pharc Gwledig Pen-bre Pembrey Country Park & Beach

## Hufen lâ l Ice Creams



£3.50

£3.50

£3.50

£2.50



£3.00



£3.00



£3.00



£2.50



£2.50



£2.50





£2.50



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