

# Starters *Vegan Menu*

**Homemade Soup** £4.45

Carrot & Coriander or Tomato & Basil  
With a freshly baked malted bread roll

**Fresh Garden Salad** £2.45

Served with french or balsamic dressing

## *Mains*

**Mangalore Malabar Curry** £11.95

A medley of roasted Mediterranean vegetables in a spicy coconut sauce with poppadum, mango chutney and rice or chips

**Vegan Meatballs** £10.95

In a lightly spiced tomato and basil sauce served with spaghetti and side salad or freshly baked malted roll

**Homemade Veggie Burger** £8.95

Homemade burger with chips and salsa or bbq sauce.  
See main menu for additional toppings

**Veggie Sausages** £8.95

Served with chips, peas and gravy or baked beans

## *Desserts*

**Homemade Coconut Milk Rice Pudding** £4.95

**Strawberry Sundae with fresh strawberries**

**Vanilla Sundae with chocolate and strawberry sauce**

Some of the dishes on our main menu may be adapted.  
Please ask and we will accommodate wherever possible.

# *Breakfast Menu*

Served Saturday 10am to 12pm and Sunday 10am to 11.30am

**The Full Fonty** £6.95

Two rashers of bacon, two sausages, two eggs, two hash browns, mushrooms, beans, black pudding and grilled tomato.  
Served with toast and tea or coffee

**Half Fonty** £5.95

Two rashers of bacon, sausage, egg, hash brown and beans, served with toast and tea or coffee

**Vegetarian Breakfast** £6.95

Two vegetarian sausages, two eggs, two hash browns, beans, mushrooms and grilled tomato

**Child's Breakfast** £4.95

Bacon, sausage, egg, beans and hash brown

**Breakfast Rolls**

A soft white bread roll filled with your choice of filling  
from bacon, sausage, egg or mushrooms

**One Filling** £3.00  
**Two Fillings** £3.50  
**Three Fillings** £4.00

Add orange juice for £1.00

## STEAK SIZZLER NIGHTS

Monday to Thursday 6.00pm - 9.00pm

**TWO FOR £17.50**

## CURRY NIGHT

AT THE FONT Y GARY INN

Thursday evenings 6.00pm - 9.00pm

All our curries are homemade and served with rice and or home cooked chips, poppadum and mango chutney

**ALL FOR £9.95**

## SUNDAY LUNCH

Served 12pm to 5pm

**Booking Advisable**

**A great selection of Sunday roasts for all the family!**

Choose your roast from today's choice of meats, served with home cooked roast potatoes, seasonal vegetables, homemade gravy and all the accompaniments that go with your favourite Sunday roast

**WE DON'T SERVE FAST FOOD**

**WE SERVE DELICIOUSLY COOKED FOOD AS FAST AS WE CAN!**

Food Allergies and Intolerances: Before you order your food and drinks please speak to our staff if you want to know about our ingredients. \*All weights quoted are approximate, prior to cooking. Some fish dishes may contain bones. All dishes are subject to availability. All prices include VAT. Wholesale may contain one or more tails. All photography is for guidance only. Whilst we take every care to preserve the integrity of our vegetarian products, we must advise that these products are handled in a multi-use kitchen environment. (V) Items suitable for vegetarians. (GF) Gluten free.

**drinkaware.co.uk**  
for the facts

# The Font y Gary Inn



## Main Menu

The Font y Gary Inn

Fonmon Road | Rhoose | Vale of Glamorgan | CF62 3DZ  
Tel: 01446 711221



# Welcome

## Starters

### Sharing Platter

Six chicken wings, six mozzarella sticks and four onion bhaji  
Served with mint yoghurt and BBQ dips

### Prawn Cocktail

Juicy King Prawns smothered with a Marie Rose sauce  
served with salad and a fresh baked malted roll

### Creamy Stilton Mushrooms (V)

Sautéed mushrooms in a rich creamy stilton sauce  
served with garlic bread

### Half Rack of Ribs

Half rack of juicy ribs smothered in barbecue sauce  
served with salad garnish

### Barbecue Chicken Wings

In a sticky glaze served with salad leaves and a barbecue dip

### Grilled Halloumi (V) (GF)

Three slices of grilled cheese served with  
salad leaves and a sweet chilli dip

### Soup of the Day (V)

A generous bowl of hearty home-made soup of the day  
served with a freshly baked roll

### Smoked Peppered Mackerel Fillet (GF)

Peppered mackerel fillet on a bed of salad leaves  
served with a horseradish dip

### Nachos (V) (GF)

A bowl of nachos topped with salsa and cheese

### Mozzarella Sticks

Four breaded sticks filled with gooey mozzarella with  
a lettuce garnish and sweet chilli dip

£11.95

£5.45

£5.45

£5.45

£5.45

£5.25

£4.45

£4.45

£3.95

£4.95

## The Forty Gary Grill

Our meat is locally sourced wherever possible, served with our triple cooked chips. Please ask if you would prefer to substitute chips for new or mashed potatoes or salad.

### 20oz Mighty Mixed Grill

Rump steak, pork chop, lamb chop, gammon, sausages,  
egg, pan fried mushrooms, onion rings and peas

£16.95

### 12oz Sirloin

Grilled to your liking and served with pan fried mushrooms,  
onion rings, grilled tomato and peas

£15.95

### Full Rack of Ribs

Served with chips, a stack of onion rings and home-made coleslaw

£12.95

### 10oz Gammon Steak

Prime gammon topped with egg and pineapple,  
served with peas and onion rings

£12.95

### Sizzling Steak

8oz Sirloin served on a bed of onions on a hot skillet  
and served with grilled tomato

£10.95

## Sauces for Grills

Peppercorn Sauce £3.25

Creamy Garlic Mushroom (GF) £3.25

Homemade Gravy £1.00

Creamy Stilton Sauce (GF) £3.25

Garlic Mayonnaise 75p

## Big up your grills with

Scampi £2.75

BBQ Pork £1.25

Butchers Sausage £1.00

Half Rack Ribs £3.95

Fried Egg 50p

## Curries £11.95

All our curries are homemade and gluten free, served with your choice  
of basmati rice or triple cooked chips, poppadum and mango chutney

Why not add

Extra 2 poppadum £1.45

Naan Bread £1.25

Onion bhaji with mint raita £2.95

### Chicken Korma

A mild and creamy aromatic dish with tender chicken breast  
cooked with yoghurt, coconut and a hint of spice

### Chicken Tikka Masala

Chicken cooked in oriental spices with butter and cream

### Beef Madras

Chunky pieces of beef in a robust sauce, with onions, tomatoes  
and peppers. Flavoured with a blend of spices including chillies,  
turmeric and fenugreek

### Chicken Jalfrezi

Chicken cooked with green chillies, onions, peppers and coriander

### Thai Green Chicken Curry

An aromatic and creamy curry finished off with mangetout,  
coriander and a wedge of lime

### Vegan Mangalore Malabar Curry (V)

A medley of roasted Mediterranean vegetables,  
in a spicy coconut sauce

## Build your own burger

All served with triple cooked chips and home-made coleslaw

1. Choose your Burger
2. Select your Topping
3. Add even more yummy stuff

**Our famous 8oz Butchers Steak Burger** £8.95

**Southern Fried Chicken Burger** £7.95

**Homemade Vegetarian Burger** £8.95

## Toppings

Chilli £1.25

Onion Rings 95p

Pulled Pork £1.25

Cheddar Cheese 75p

Chorizo £1.25

Grilled Pineapple 50p

Bacon 95p

Fried Egg 50p

Mushrooms 95p

Fried Onions 50p

Why not add an extra burger £2.25

Why not double up your chicken for an extra £1.75

# Main Meals

All our main dishes are served with a choice of triple cooked chips, new or mashed potatoes, seasonal vegetables or peas, unless otherwise stated. If you would prefer a different combination of any of the above or have any special requirements, please ask and we will do our best to accommodate you.

## Farmhouse Ham, Eggs and Chips £9.95

Home cooked gammon ham, a brace of eggs and home cooked chips

## Homemade Beef Lasagne £12.95

Rich layers of lasagne and beef bolognese, topped with a cheese sauce, served with home cooked chips and side salad or garlic bread

## Homemade Steak and Guinness Pie £12.95

Tender chunks of beef in rich Guinness gravy with mushrooms and onions, topped with a puff pastry lid and served with home cooked chips and seasonal vegetables

## Homemade Chicken and Leek Pie £12.95

Chunks of chicken in a creamy leek sauce, topped with a puff pastry lid and served with home cooked chips and seasonal vegetables

## Bangers and Mash £10.95

Three large handmade butchers sausages on a bed of homemade creamy mashed potato, served with peas & a rich onion gravy

## Hunters Chicken £12.95

Chicken breast wrapped in bacon, cheese and smothered in BBQ sauce, served with home cooked chips and seasonal salad

## Piri Piri Chicken £12.95

Breast of chicken marinated in a hot spicy Piri Piri sauce, served with home cooked chips, salad and Caesar dressing

## Lamb Shank £11.95

Slow cooked lamb shank served on a bed of mash with seasonal vegetables and minted gravy

## Homemade Chilli, Rice and Nachos £11.95

A rich smoky flavoured beef chilli with red kidney beans, served with rice, nachos and salsa

## All Day Brunch £9.95

Two bacon, two butchers sausages, two eggs, beans and home cooked chips

## Faggots and Peas £9.95

Two 6oz butchers faggots in our rich homemade gravy, served with mushy peas, home cooked chips or homemade mash

## Salmon and Hollandaise Sauce (GF) £12.95

A fillet of poached salmon smothered in hollandaise sauce served with new potatoes and seasonal vegetables

## Roasted Vegetable Lasagne (V) £11.95

Market vegetables sautéed and mixed with a rich tomato sauce, with layers of pasta sheets, covered by a rich cheese sauce then oven baked and served with a side salad and home cooked chips

## Whole Tail Scampi £9.95

Served with home cooked chips and peas

# Salads £9.95

Mixed Green Leaves • Tomatoes • Cucumber  
Red Onions • New Potatoes

Please choose from:

Grilled Chicken, Home Cooked Ham, Salmon, Prawns,  
Tuna or Grated Mature Cheddar

Please choose from:

Balsamic, French or Caesar dressings to go with your salad

# Side Orders and Snacks

Big Bowl of Triple Home Cooked Chips £3.45

With Cheese £3.95

Why not top your chips with the following:

Chilli £1.95 • Chorizo £1.25 • BBQ Pulled Pork £1.25

Baked Beans 75p • Crispy Bacon £1.25 • Gravy £1.00

Curry Sauce £1.00

Three Slices of Garlic Bread £3.45

Three Slices of Cheesy Garlic Bread £3.95

Bowl of Battered Onion Rings £2.95

Bowl of Pan Fried Mushrooms £2.95

Homemade Coleslaw £1.00

Side Salad £2.45

Garlic Mayo 75p

# Desserts

Homemade Creamy Rice Pudding (GF) £4.50

Made with cream and topped with nutmeg

Homemade Bread & Butter Pudding £4.95

Served with custard or cream

Homemade Fruit Crumble £4.95

Fruit compote topped with an all butter crumble.

Served with custard or cream

Eton Mess (GF) £4.95

Lightly whipped cream, crushed meringue and fresh strawberries

Warm Chocolate Fudge Cake £4.50

Served with cream or ice cream

Gluten free fudge cake available on request

Warm Belgian Waffle £4.50

Served with ice cream and fudge sauce

Ice Cream Sundae (GF) £4.50

Vanilla, chocolate and strawberry ice cream layered

with sauce and topped with whipped cream and a chocolate flake

Chocolate Brownie Ice Cream Sundae £4.95

Layers of chocolate brownies, vanilla ice cream and

chocolate sauce all topped off with whipped cream

Apple Pie £4.50

Warm apple pie served with custard, cream or ice cream

Please see overleaf for our Vegan Desserts

Please ask for our Tea and Coffee range

# Pasta Create your own pasta dish £8.95

All served with a choice of homemade sauce prepared to order and side salad or garlic bread

1. Choose you pasta

Penne or Spaghetti

2. Select a sauce

Alfredo - creamy, garlic & cheese

Spicy Tomato and Basil - with a touch of cream

(Vegan alternative available)

Bolognese - A rich beef sauce (Add £2.00)

3. Add more yum

Chicken £2.00 Bacon £1.50 Tuna £2.00 Prawns £2.00

Ham £1.50 Chorizo £1.50 Mushrooms £1.25