

# Menu

BRYNGARW COUNTRY PARK

# cafe | caffi

PARC GWLEDIG BRYNGARW

## SMOOTHIE BOWLS

7.50

- Caramel yoghurt with chocolate flakes, banana, granola, and micro lemon flowers
- Plant-based yoghurt with strawberries, raspberries, blackcurrant, pomegranate and pumpkin and chia seeds with micro lemon flowers (VE, GF, NF)

## HOMEMADE OPEN FLATBREADS

8.00

- Pulled pork shoulder, Asian-style marinade, spring onion, chillies, little gem lettuce, pickled red onion, micro herbs and coriander (NF, DF)
- Mediterranean roasted vegetables with olives, beetroot hummus, basil pesto, micro herbs and coriander available with feta or plant-based feta (NF)

## SALAD BOWLS

### CAESAR SALAD BOWL

KIDS: 4.00; ADULTS: 5.50

- Mix of little gem lettuce, parmesan, croutons and Caesar dressing (V, GF, NF)

### AVOCADO AND QUINOA SALAD BOWL

KIDS: 5.50; ADULTS: 8.50

- Kale, brown rice, tomato, beetroot hummus, quinoa, avocado, pickled cucumber, peas, broad beans and micro herbs (V, VE, GF, NF)

## OPEN SANDWICHES

7.50

- Poached fillet of salmon on toasted sourdough with spring onion, cream cheese, micro herbs and pickled cucumber
- Bryngarw Welsh rarebit on toasted sourdough, free range poached duck egg, warm fresh tomato and pumpkin seeds (V, NF)
- Asparagus on toasted sourdough with peas, spring onion, broad beans and micro herbs. Available with feta or plant-based feta (V)

Add sliced chicken breast	1.50;	Add poached salmon	1.50
Add crispy bacon	1.50;	Add boiled duck egg	1.00

## BRUNCH

7.50

- Pembrokeshire new potatoes, local free range fried duck egg, ham hock, black pudding and Tenderstem broccoli (DF)
- Fried duck egg on toasted sourdough, asparagus, pan-fried mushroom and roasted vine tomato (V)

## TOAST

- Toasted bloomer with Welsh butter (V) 2.75  
*Gluten free options available on request*
- Toasted teacake with Welsh butter (V) 3.00

Add Tiptree jam or marmalade preserve	0.75
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## SOFT BRIOCHE BREAKFAST ROLLS

- Thick cut bacon, fried duck egg and black pudding 6.50
- Thick cut bacon 5.00
- Plant-based sausage with avocado, fresh tomato and mushroom (V, VE) 6.00

## CHILDREN'S WRAPS

5.50

All wraps served with cucumber slices and vegetable crisps

- Pulled BBQ pork with little gem
- Chicken Caesar, little gem and croutons
- Roasted Mediterranean vegetables, hummus and little gem lettuce (VE, DF)

## CAKES

### SEE TODAY'S CHOICES AT THE COUNTER

Our cakes are either made by our own chefs at Bryngarw House or supplied from our partner bakery, Clams Cakes, in Ebbw Vale.

Vegan and gluten free options available.

Round cake	3.50
Loaf cake	3.00
Tray bakes	3.25
Muffins	3.50

## HOT DRINKS

Americano	3.10
Latte	3.30
Cappuccino	3.30
Flat white	3.30
Mocha	3.50
Espresso	2.75
Double espresso	2.95
Hot chocolate	3.00
Add cream	0.30
Add marshmallows	0.30
Welsh Brew tea	2.20
Welsh Brew specialist tea	2.50
Peppermint, Chamomile, Green, Earl Grey, Wild Berry, Lemon and Ginger	

Add a shot of Monin's flavours:	0.75
Alternative milk:	
Soya: FREE; Oat and Coconut: 0.50	

## SIGNATURE COFFEES

Salted caramel latte with whipped cream	3.75
Gingerbread latte with whipped cream	3.75

## ICE CREAM SHAKES

4.50

Two scoops of Sidoli's Welsh ice cream with fresh milk and cream

## COLD DRINKS

Pepsi, Tango, 7UP and others	FROM 2.00
San Pellegrino range	3.00
Sun Magic 400ml juices	FROM 3.00
Radnor still/sparkling water	1.50
Radnor apple juice	1.50

PLEASE LET STAFF KNOW IF YOU HAVE ANY FOOD ALLERGIES, INTOLERANCES OR SPECIFIC DIETARY REQUIREMENTS

(V) = vegetarian; (VE) = vegan; (DF) = dairy free; (GF) = gluten free; (NF) = nut free

Our fresh food is sourced locally to help support and grow the Welsh economy. Our suppliers include: The Welsh Coffee Company | Clams Cakes | Bryngarw Honey by Bridgend Beekeepers | Castell Howell | Sidoli's Ice Cream | WR Bishops | Farmers Pantry Butchers | Happy Greens Bridgend | E. Ashton's Fish

# Bwydlen

BRYNGARW COUNTRY PARK

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PARC GWLEDIG BRYNGARW

## POWLENNI SMWDDI

7.50

- logwrt caramel gyda darnau bach o siocled, banana, granola a blodau lemon ifanc
- logwrt o gynhyrchion planhigion gyda mefus, mafon, cwrens duon, pomgranad a hadau pwmpen a chia gyda blodau lemon ifanc (Fig, DG, DC)

## BARA GWASTAD AGORED CARTREF

8.00

- Ysgwydd porc wedi'i rwygo, marinâd dull Asiaidd, shibwns, tsilis, letys, winwn coch wedi'i biclo, perlysiâu ifanc a choriander (DC, DLI)
- Llysiau canoldirol wedi'u rhostio gydag olewydd, hwmws betys, pesto basil, perlysiâu bach a choriander, ar gael gyda ffeta neu ffeta wedi'i wneud o blanhigion (DC)

## POWLENNI SALAD

### POWLEN SALAD CESARAIDD

PLANT: 4.00; OEDOLION: 5.50

- Cymysgedd o letys, parmesan, crwtons a dresin Cesaraid (LI, DG, DC)

### POWLEN SALAD AFOCADO A CWINOA

PLANT: 5.50; OEDOLION: 8.50

- Bresych deiliog, reis brown, tomato, hwmws betys, cwinoa, afocado, ciwcymbr wedi'i biclo, pys, ffa llydan a pherlysiâu ifanc (LI, Fig, DG, DC)

## BRECHDANAU AGORED

7.50

- Ffiled o eog wedi'i botsio ar surdoes wedi'i dostio gyda chaws hufen shibwns, perlysiâu ifanc a chiwcymbr wedi'i biclo
- Rarebit Cymreig Bryngarw ar surdoes wedi'i dostio, wy hwyaden maes wedi'i botsio, tomato ffres cynnes a hadau pwmpen (LI, DC)
- Asbaragws ar surdoes wedi'i dostio gyda phys, shibwns, ffa llydan a pherlysiâu bach. Ar gael gyda ffeta neu ffeta wedi'i wneud o blanhigion (LI)

Ychwanegu brest cyw iar 1.50; Ychwanegu eog wedi'i botsio 1.50  
Ychwanegu cig moch crengog 1.50; Ychwanegu wy hwyaden wedi'i ferwi 1.00

## BRECINIO

7.50

- Tatws newydd Sir Benfro, wy hwyaden maes lleol, coesgyn ham, pwdin gwaed a brocoli Tenderstem (DLI)
- Wy hwyaden wedi'i ffrio ar surdoes wedi'i dostio, asbaragws, madarch wedi'u ffrio a tomatos wedi'u rhostio (LI)

## TOST

- Bara gwyn wedi'i dostio gyda menyn Cymreig (LI) 2.75  
Opsiyau dim glwten ar gael ar gais
- Cacennau de gyda menyn Cymreig (LI) 3.00

Ychwanegu marmalêd neu jam Tiptree 0.75

## RHOLIAU BRECWAST BRIOCHE MEDDAL

- Cig moch wedi'i dorri'n drwchus, wy hwyaden wedi'i ffrio a phwdin gwaed 6.50
- Cig moch wedi'i dorri'n drwchus 5.00
- Selsigen o gynhyrchion planhigion gydag afocado, tomato ffres a madarch (LI, Fig) 6.00

## TORTILLAS WEDI'U LAPIO

5.50

### AR GYFER PLANT

Wedi'u gweini gyda sleisys o giwcymbr a chreision llysiau

- Porc barbeciw wedi'i rwygo a letys
- Cyw Iâr Cesaraid, letys a chrwtons
- Llysiau'r Canoldir wedi'u rhostio, hwmws a letys (Fig, DLI)

## CACENNAU

### EDRYCHWCH AR DDEWISIADAU HEDDIW

#### WRTH Y COWNTER

Caiff ein cacennau eu gwneud gan ein cogydd yn Nhŷ Bryngarw neu eu cyflenwi gan ein partner, becws Clams Cakes, yng Nglynebwy.

Opsiyau figan a dim glwten ar gael.

- Cacennau gron 3.50
- Cacennau dorth 3.00
- Cacennau hambwrdd 3.25
- Cacennau bach 3.50

## DIODYDD POETH

- Americano 3.10
- Latte 3.30
- Cappuccino 3.30
- Coffi gwyn cryf 3.30
- Mocha 3.50
- Espresso 2.75
- Espresso dwbl 2.95
- Siocled poeth 3.00
- Ychwanegu hufen 0.30
- Ychwanegu malws melyn 0.30
- Te Welsh Brew 2.20
- Te Welsh Brew arbenigol 2.50
- Mintys, Camomeil, Gwyrdd, Earl Grey, Aeron Gwylt, Lemon a Sinsir

Ychwanegu siot o flasau Monin: 0.75

Llaeth amgen:

Soia: AMDDIM; Ceirch a Choconut; 0.50

## COFFIS ARBENNIG

- Latte caramel hallt gyda hufen wedi'i chwipio 3.75
- Latte sinsir gyda hufen wedi'i chwipio 3.75

## YSGYTLAETH HUFEN IA

4.50

Dau sgwp o hufen ia Cymreig Sidoli gyda llaeth ffres a hufen

## DIODYDD OER

- Pepsi, Tango, 7UP ac eraill O 2.00
- Dewis o San Pellegrino 3.00
- Sudd Sun Magic 400ml FROM 3.00
- Dwr llonydd/pefriog Radnor 1.50
- Sudd afal Radnor 1.50

## RHOWCH WYBOD I'R STAFF OS OES GENNYCH UNRHYW ALERGEDDAU NEU ANODDEFIADAU BWYD NEU OFYNION DIETEGOL PENODOL

(LI) = llysiâu; (Fig) = figan; (DCL) = dim cynhyrchion llaeth; (DG) = dim glwten; (DC) = dim cnau

Mae ein bwyd ffres yn fynd lleoli i helpu i gefnogi a thyfu economi Cymru.

Mae ein cyflenwyr yn cynnwys: The Welsh Coffee Company | Clams Cakes | Mèl Bryngarw gan Bridgend Beekeepers | Castell Howell | Hufen Ia Sidoli | WR Bishops | Farmers Pantry Butchers | Happy Greens Pen-y-bont ar Ogwr | Pysgod gan E. Ashton