

The Fontygary Inn

We don't serve fast food;
we serve deliciously cooked food
as fast as we can!

At the Fontygary Inn of Rhoose we serve a varied menu using locally sourced produce where ever possible

STARTERS

Soup of the Day A generous bowl of homemade hearty soup of the day served with a fresh crusty roll	£3.95
Mushrooms Alfredo Sautéed mushrooms in a light creamy garlic and cheese sauce served with garlic flat bread	£3.95
Warm Goats Cheese and Walnut Salad	£3.95
Smoked Peppered Mackerel Peppered mackerel fillet on a bed of salad leaves served with a horseradish dip	£3.95
Nachos A bowl of nachos topped with salsa and cheese	£3.75
Sticky Wings Chicken wings served with a salad garnish and bbq dip	£4.25

THE FONTYGARY GRILL

Our meat is locally sourced where ever possible

8oz Sirloin Steak Grilled to your liking and served with hand cut chips, mushrooms, onion rings, grilled tomato and peas	£12.95
The Mighty Fontygary Mixed Grill Rump steak, lamb chop, gammon, black pudding, sausage, egg, mushrooms, onion rings, hand cut chips and peas	£11.95
Sizzling Steak 8oz sirloin served on a bed of onions on our skillet and served with hand cut chips and grilled tomato	£8.50
10oz Gammon Steak Prime gammon topped with egg and pineapple, served with hand cut chips and peas	£8.95
The Steak Burger! Flame grilled burger Served in a bun with hand cut chips and Homemade coleslaw	
Plain	£6.95
With Cheese	£7.45
Cheese and bacon	£7.95
Grilled Chicken Breast Why not add;	£6.95
Pineapple	50p
Egg	50p

MAIN MEALS

All our main dishes are served with a choice of hand cut chips, boiled 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

Beer Battered Fish and Hand Cut Chips Traditional beer battered cod served with hand cut chips and mushy peas	£8.50
Farmhouse Ham, Eggs and Chips	£7.50
Home Cooked Lasagne Traditional Italian classic served with side salad and chips	£7.95
Homemade Steak and Ale Pie Tender chunks of beef in a rich ale gravy with mushrooms and onions, topped with a puff pastry lid and served with hand cut chips and seasonal vegetables	£7.95
Hunters Chicken Chicken breast wrapped in bacon, cheese and smothered in BBQ sauce. Served with chips and seasonal vegetables	£8.95
Lamb Shank Slow cooked lamb shank served on a bed of mash with seasonal vegetables and minted gravy	£8.95
Homemade Chilli, Rice and Nachos	£7.95
Salmon in a Lemon Butter A fillet of poached salmon smothered in a lemon butter, served with new potatoes and seasonal vegetables	£8.95
Four Cheese Tortellini in a Creamy Garlic and Cheese Sauce (v) Served with salad and garlic flat bread	£7.95

SIDE ORDERS

Complement your meal with one of our tasty side dishes

Side Salad	£1.95
Chips A nice big bowl of hand cut chips	£2.50
With Cheese	£2.95
With Cheese and Crispy Bacon	£3.45
Perfect for a snack	
Garlic Bread Freshly cooked garlic flat bread	£1.95
Cheesy Garlic Bread	£2.50
Battered Onion Rings	£1.75
Bowl of Sautéed Mushrooms	£1.75
Pepper Sauce	£1.95
Creamy Stilton Sauce	£1.95
Homemade Coleslaw	£0.95

WARM SALAD BOWL £7.95

Served with mixed green leaves, tomatoes, cucumber and red onions

Please choose from

- Grilled Chicken and Pineapple
- Goat's Cheese
- Salmon

DESSERTS

£3.95

Treacle Pudding and Custard

Spotted Dick and Custard

Ice-Cream Sundae

Warm Chocolate Fudge Cake with Ice-Cream

Apple Crumble and Custard

Lemon Meringue Ice-Cream Cake and Cream

Warm Belgian Waffle served with Ice-Cream and a choice of Fudge Sauce or Raspberry Coulis

Fruits of the Forest Pavlova

CURRIES £7.95

All our curries are homemade and served with your choice of rice or hand cut chips, naan bread and mango chutney

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 chillis, onions, peppers and corriander

Vegetable Balti

Chunky seasonal vegetables fried and tossed in a rich smooth balti sauce

HOT BEVERAGES

Pot of Tea	£1.25
Freshly Ground Coffee	£1.45
Cappuccino	£1.65
Latte	£1.95
Cafe Mocha	£1.95
Hot Chocolate with Whipped Cream	£2.25
Fruit or Herbal Tea	£1.65
Liqueur Coffee from	£3.45

FONMON ROAD | RHOOSE | VALE OF GLAMORGAN | CF62 3DZ | TEL: 01446 711221

Look out for specials on the boards and on your menu.
Children's menu available.

All prices are inclusive of VAT. All items are subject to availability. Ice cream not suitable for lactose intolerant persons. * Approx weight uncooked. All fish dishes may contain bones. Whilst we take every care to preserve the integrity of our vegetarian products, we must advise these products are handled in a multifunctional kitchen environment. All our products may contain seeds, traces of nuts or nut derivatives.

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SPECIAL FIXED PRICE LUNCH MENU

Served Monday to Saturday from 12pm until 3pm
Slightly smaller portions than our main menu

1 course £5.95

2 courses £7.95

3 courses £9.95

STARTERS

Soup of the Day

A generous bowl of homemade hearty soup of the day served with a fresh crusty roll

Warm Smoked Peppered Mackerel

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

Warm Goats Cheese and Walnut Salad

Nachos

A bowl of nachos topped with salsa and cheese

Garlic Bread

Topped with melted cheese if desired

MAIN COURSES

Fish and Chips

Traditional battered cod served with chips and mushy peas

Bangers and Mash

Sausages served with creamy mash and homemade onion gravy

Farmhouse Ham, egg and chips

Home baked Lasagne

Served with salad and chips

6oz Gammon Steak

Prime gammon topped with pineapple, served with chips and peas

Four Cheese Tortellini

Served with salad

Warm Chicken Salad

Home-made Chicken or Vegetable Curry

served with rice and/or chips

8oz Sizzling Sirloin

with hand cut chips and grilled tomato add just £2

DESSERTS

Warm Chocolate Fudge Cake with Cream or Ice Cream

Apple Pie and Custard or Ice Cream

Lemon Meringue Ice Cream Cake and Cream

Warm Belgian Waffle served with Ice Cream and Fudge Sauce

Ice Cream Sundae

~ Also available lunch times ~

LARGE FRESHLY BAKED ORGANIC WHITE OR BROWN BAGUETTES SERVED WITH A SIDE SALAD

Home cooked Ham with Mustard **£4.95**

Cheese **£3.95**

Cheese and Onion **£3.95**

Tuna Mayonnaise **£4.75**

Bacon **£4.75**

Grilled Chicken **£4.95**

Why not add a bowl of hand cut chips for just £1.50

CURRY NIGHT AT THE FONTYGARY INN Thursday Evenings 6 - 9pm

All our curries are homemade and served with rice and or hand cut chips, naan bread and mango chutney

All for £5.50

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

Chicken Jalfrezi

Chicken cooked with green chillis, onions, peppers and coriander

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

Vegetable Balti

Chunky seasonal vegetables fried and tossed in a rich smooth balti sauce

SUNDAY LUNCH

One course £6.95

Two courses £9.95

Three courses £12.95

Served 12pm to 4pm. Bookings advisable.

A refreshing change.

Choose from our range of refreshing soft drinks to compliment your meal.



STEAK SIZZLER NIGHTS

MONDAY,
TO THURSDAY
6PM - 9PM

TWO FOR £12.90

BREAKFAST MENU

Served

Saturday and Sunday

10am till 12 noon

The Full Fonty £5.95

Two rashers of bacon, two sausages, egg, sautéed potatoes, mushrooms, beans, black pudding and grilled tomato. Served with toast and tea or coffee

Half Fonty £4.95

Two rashers of bacon, two sausages, egg and beans. Served with toast and tea or coffee.

Add orange juice for £1

Breakfast Rolls

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

One Filling £2.50

Two Fillings £3.00

Three Fillings £3.50

Why not try one of our great wines or real ales?

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