



TAFARN FFOSTRASOL ARMS

LUNCH MENU



TEL: 01239851348 | E-mail:info@ffostrasolarms.co.uk | www.fostrasolarms.co.uk

PRIF GWRS – MAIN MEALS

BACON <i>gf</i> , HAM <i>gf</i> , SAUSAGE or GLAMORGAN SAUSAGE <i>v</i>	£7.95
SCAMPI WITH TARTAR SAUCE.....	£11.25
BATTERED COD.....	£13.50
Fillet of cod fried in our homemade beer batter served with a minted pea purée and tartar sauce.	
HOMEMADE BEEF LASAGNE	£12.95
Served with garlic bread and side salad	
HOMEMADE PIE OF THE DAY	£12.95
Choose from chips, new potatoes, or jacket potato, and vegetables, side salad, beans or peas to accompany your meal	
SOUP OF THE DAY* <i>ve</i>	£6.75

JACKET POTATO FILLED WITH:

TUNA MAYO & PEPPERS	£7.25
CHEESE AND BEANS <i>v, gf</i>	£7.25
CHEESE AND COLESLAW <i>v, gf</i>	£7.25

BWRGER – BURGERS

FFOS BURGER	£11.95
6oz beef burger with cheese, tomato, lettuce, bacon served in a sourdough bun.	
FFOS CHICKEN BURGER	£11.95
Succulent chicken breast with bacon, tomato and lettuce served in a sourdough bun.	
Served with a side salad, onion rings and a choice of chips, new potatoes, or jacket potato to accompany your meal.	

BRECWAST – BREAKFAST

SMALL BREAKFAST*	£6.95
1 Egg, 1 Sausage, 1 Bacon, Tomato, Beans, Mushrooms, Hash Brown, Fried Bread, and Toast	
LARGE BREAKFAST*	£8.25
2 Eggs, 2 Sausages, 2 Bacon, Tomato, Beans, Mushrooms, 2 Hash Browns, Fried Bread, Toast	
VEGETARIAN BREAKFAST* <i>v</i>	£6.95
2 Glamorgan Sausages, 1 egg, 1 Mushroom, 1 Tomato, 1 Hash Brown, Fried Bread, Toast	

gf – GLUTEN FREE

* - CAN BE MADE GLUTEN FREE UPON REQUEST

v – VEGETARIAN

ve - VEGAN

RHOWCH WYBOD OS OES GENNYCH **ALERGEDD** – IF YOU HAVE ANY **ALLERGIES** PLEASE ASK

OMELETTES

3 egg omelettes served with a choice of
2 fillings, chips and side salad

Cheese, Onion, Ham, Mushroom,
Pineapple

£8.50

BAGUETTES

Served with side salad and a handful of
chips or crisps

BEEF & HORSERADISH	£7.00
CHEESE, ONION & CHUTNEY v.....	£6.25
TUNA, MAYO & CUCUMBER	£6.50
BLT	£6.75
CHICKEN & MAYO.....	£7.00
HAM & COLESLAW	£6.50

YCHWANEGIADAU – SIDE ORDERS

PORTION OF CHIPS*	£2.95
LARGE BOWL OF CHIPS*	£6.00
(add 4 sausages or 10 nuggets for £2.00)	
GARLIC BREAD.....	£3.00
(add cheese for 60p)	
ONION RINGS.....	£2.90
COLESLAW <i>gf, v</i>	£1.30

SALAD

A mix of lettuce and salad mix tossed in a
light dressing topped with:

KING PRAWNS <i>gf</i>	£10.95
SALMON <i>gf</i>	£10.95
GRILLED CHICKEN <i>gf</i>	£9.95
CAMAMBERT ROUNDS v.....	£8.95

BWYDLEN PLANT – KIDS MENU

CHOOSE ONE OF:

Nuggets, Sausage, Scampi, Ham *gf*,
4oz Burger, Glamorgan Sausage v

ADD:

Beans, Peas, Egg, Side Salad, or
Cheese

ADD:

Chips, Smiles, Mash, New Potatoes

£6.50

SPAGHETTI BOLOGNAISE

£7.25

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