

LUNCH MENU

BWYDLEN CINIO

PARK BRUNCH

	WELSH BREAKFAST*	13/16.5
	2 bacon, 2 sausages, 2 eggs, 2 hash browns, black pudding, tomato, mushrooms, beans and sourdough toast	
v	PARK VEGGIE BREAKFAST*	14
	2 veggie sausages, 2 eggs, 2 hash browns, black pudding, tomato, mushrooms, beans and sourdough toast	
	HAM, EGG AND PARK CHIPS*	14
	Salad, coleslaw	
	WELSH RAREBIT	14
	Sourdough, salad, coleslaw	
v	TRIPLE STACKED PANCAKES	10
	Berries, natural yoghurt and honey	
v	POACHED EGGS ON WELSH MUFFIN*	12
	3 Poached eggs and avocado	
	Add bacon £2.50	

HOT SANDWICHES

	PARK CLUB*	14.5
	Chicken, bacon, lettuce, tomato, mayonnaise and a side of chips	
	SMOKY STREAKY BACON, BRIE & CRANBERRY*	14.5
	Side of chips and salad	
	COD GOUJONS & TARTARE SAUCE	14.5
	Side of chips and salad	
	CHORIZO, MOZZARELLA, TOMATO*	14.5
	Side of chips and salad	

SOURDOUGH PIZZA

v	MARGHERITA	15
	Mozzarella, cheddar on a tomato base	
	HAWAIIAN	17
	Mozzarella, cheddar, ham and pineapple on a tomato base	
	MEAT FEAST	18
	Mozzarella, bacon, chicken, pepperoni, sausage, onion with a tomato base	

SMALL PLATES

ve	SOUP OF THE DAY*	8
	Crusty roll	
	BBQ CHICKEN GOUJONS	8.5/12.5
	Parmesan balsamic salad	
	BREADED WHITEBAIT	8/11.5
	Lemon mayo, salad	
v	BREADED HALLOUMI	8/12
	Sweet chilli sauce, salad	
ve	RED ONION & TOMATO BRUSCHETTA	8/10
	Crostini, balsamic salad	
	BATTERED COD GOUJONS	8.5/11
	Tartare, lemon, salad	
	PRAWN COCKTAIL*	8.5/11
	Marie rose, sourdough, lemon	
	LOADED SKINS*	8/10
	Bacon, cheese, salad, coleslaw, sourcream and chive sauce	

SALAD

	CHICKEN CAESAR*	16.5
	Romaine gem lettuce, caesar dressing, crostini, parmesan	
	SALMON CAESAR*	19
	Anchovies, romaine gem lettuce, crostini, caesar dressing	
	EGG & BACON SALAD*	14.5
	Romaine gem lettuce, radicchio lettuce, red onions, honey mustard dressing	
v	RED PEPPER COUSCOUS*	14.5
	Feta cheese, red onion	

FROM THE SEA

	SCAMPI & CHIPS	13.5/16
	Peas, tartare, park chips, lemon	
	FISH & CHIPS*	15/18
	Peas, tartare, park chips, lemon	
	ROAST SALMON*	22.5
	Tenderstem broccoli, creamed spinach, park crushed potatoes	

FROM THE FARM

	LAMB CAWL*	12
	Crusty roll, cheddar	
	CHICKEN, BACON & LEEK PIE	16
	Tenderstem broccoli, roasted carrot, bubble & squeak, red wine gravy	
	SHEPHERDS PIE*	18
	Tenderstem broccoli, roasted carrot, bubble & squeak, red wine gravy	
	PORK SAUSAGE & MASH	14.5
	3 Pork sausages, mashed potatoes, peas, red wine gravy	
v	VEGGIE SAUSAGE & MASH*	14.5
	3 Veggie sausages, mashed potatoes, peas, red wine gravy	
	PORK BELLY*	18
	Bubble & squeak, tenderstem broccoli, honey roasted carrot, gravy, apple sauce	
	10oz GAMMON*	17.5
	Egg, pineapple, park chips	
	HUNTERS CHICKEN*	17.5
	Smoky bacon, BBQ sauce, Monterey Jack cheese, park chips, salad	
	WELSH RUMP STEAK 8oz*	22
	Park chips, salad, coleslaw, peas	
	WELSH RIBEYE STEAK 8oz*	32
	Tomato, mushrooms, salad, park chips, onion rings	
	BBQ PORK RIBS*	19
	Park chips, salad, coleslaw and onion rings	
	LINGUINI BOLOGNESE	17
	Cheesy garlic ciabatta, parmesan	

SIDES

MAC & CHEESE	5	COLESLAW*	3
CORN ON THE COB*	4	GARLIC BREAD	3.5
SWEET POTATO FRIES*	6	GARLIC BREAD WITH CHEESE	4.5
ONION RINGS	4	SIDE SALAD*	4
PARK CHIPS*	4	v PESTO BROCCOLI, PARMESAN*	5

FROM AFAR

	KATSU CHICKEN CURRY	18
	Served with coconut Jasmine rice, tender-stem broccoli	
	TANDOORI CHICKEN SKEWER	15/18
	Served with park chips, salad, coleslaw and a mint yoghurt dip	
	BEEF LASAGNE	16.5
	Garlic ciabatta, salad, park chips	
v	VEGETARIAN LASAGNE	15
	Garlic ciabatta, salad, park chips	
	CHILLI CON CARNE*	14
	Sour cream, rice, park chips	
	CHICKEN TIKKA RED CURRY*	16.5
	Naan, mango chutney, mint yoghurt, park chips or rice, pickled chilli, coriander	
ss	CHICKEN DRAGON'S FIRE CURRY*	16.5
	Spicy curry, naan, mango chutney, mint yoghurt, park chips or rice, pepper, pickled chilli, coriander	
ves	CAULIFLOWER & RED PEPPER CURRY*	16
	Medium spiced vegan curry, naan, mango chutney, mint yoghurt, park chips or rice, pickled chilli, coriander	

BUILD YOUR OWN BURGERS

All our burgers come served with tomato, lettuce, onion and a side of park chips

	6oz BEEF*	14.5
	SOUTHERN FRIED CHICKEN	14.5
ve	SPICED VEGGIE	14

Double up?	4
£4 for an extra beef or chicken patty	
ADD TOPPINGS	2.5
Smoky bacon/ Monterey Jack cheese/ 2x Onion rings	
ADD SAUCE	
Burger sauce/ sriracha/ garlic mayo	

ve Vegan
v Vegetarian
s Spicy
ss Extra Spicy
*Can be made gluten free – ask our staff
Some of our food contains allergens.
Please ask a member of staff for more information.

CEGIN Y PARC PARK KITCHEN

CINIO – LUNCH
12PM – 5PM