

THE CWRT LOUNGE

Light Bites
& Sandwiches



THE PARKGATE
HOTEL

Light Bites

Available 9am to 5pm

Roasted Vegetables Shakshuka

Middle eastern baked eggs, pitta bread
(V,W,E,D)

14.95

Celtic Eggs Benedict

Our breakfast speciality – two poached Welsh eggs on a toasted muffin, with your choice of Welsh honey roasted ham or maple cured bacon, served with hollandaise sauce
(W,D,SD,E)

14.95

Eggs Royale

Two poached Welsh eggs served on a toasted muffin with Wye Valley smoked salmon and hollandaise sauce
(E,F,W,D,SD)

14.95

Eggs Florentine

Two poached Welsh eggs served on a toasted muffin with buttered spinach and hollandaise sauce
(V,W,D,SD,E)

14.95

Avocado on Toast

Guacamole, feta, chilli flakes and roasted cherry tomatoes on artisanal sourdough bread, topped with your choice of poached or fried egg
(V,W,D,SD,E)

14.95

Rainbow Acai Bowl 🌿

Plant-based beetroot, coconut yoghurt and acai berry smoothie, topped with cocoa nibs, blueberries, toasted almonds, raspberries, banana and coconut flakes

12.95

Sandwiches

Available 9am to 5pm

All served on warm focaccia bread with seasonal slaw (V) and house fries (V)

The Parkgate Sirloin Steak Sandwich

Iceberg lettuce, blue cheese, steak mayonnaise
(W,E,D,SD)

17.95

Masala Paneer Sandwich

Pickled cucumber, avocado, chilli jam
(V,D,W,SD,S)

16.95

Club Sandwich

Grilled chicken, streaky bacon, baby gem lettuce,
tomato, mayonnaise
(W,E,D,SD)

16.95

Fish Finger Sandwich

Lettuce, chunky tartare sauce, grilled lemon
(V,E,F,S,D)

16.95

A discretionary 10% service charge will be added to your bill.

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.

Gluten Allergy: (B) Barley, (O) Oats, (R) Rye, (SP) Spelt, (W) Wheat

Nut (Tree Nut) Allergy: (A) Almonds, (BN) Brazil nuts, (CN) Cashew nuts, (H) Hazelnuts, (PS) Pistachios, (PN) Pecan nuts, (WN) Walnuts **Other Allergy:** (C) Celery, (CR) Crustaceans, (D) Dairy/milk, (E) Eggs, (F) Fish, (L) Lupin, (M) Molluscs, (MU) Mustard, (P) Peanuts, (SE) Sesame seeds, (S) Soya, (SD) Sulphur dioxide

Lifestyle: 🌱 Plant-based, (V) Vegetarian



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