



- AUGUST/SEPTEMBER 2018 LUNCH MENU -

Available Tuesday to Saturday 12pm-3pm

- NIBBLES -

(V) POT OF MIXED OLIVES	3
(V) HOMEMADE BREAD & OLIVES, OLIVE OIL & BALSAMIC VINEGAR DIP (g, v)	5
CHORIZO BON BON, WATERCRESS MAYO (g)	5
(V) HOMEMADE SEA SALT & ONION SEED CRACKERS WITH CHEDDAR BUTTER (g)	5

- LIGHT LUNCHES -

HOMEMADE SOUP OF THE DAY (g, d)	6
<i>Fresh baked bread</i>	
(VO) CAESAR SALAD - PLAIN OR *GRILLED CHICKEN (g, d)	10 / *13
<i>Croutons, fresh gem lettuce, crisped bacon, poached egg, parmesan</i>	
LAMB & MINT SAUSAGE ROLL PLOUGHMANS (d, g, v)	11
<i>Pickled shallots, apple, sweet pickle, crudités, fresh bread, cheddar butter</i>	
(V) WELSH CHEDDAR CHEESE PLOUGHMANS (d, v, c)	9
<i>Pickled shallots, apple, sweet pickle, crudités, fresh bread, cheddar butter</i>	
CLUB SANDWICH (d, g)	13
<i>Roasted chicken breast, smoked bacon, tomato, lettuce, soft boiled egg, artisan Barra Gallega baguette</i>	
RED LION 4oz SIRLOIN STEAK SANDWICH (d, g)	15
<i>Fried onions & mushrooms, triple cooked hand-cut chips, grain mustard mayo, artisan Barra Gallega baguette</i>	
(V) SUPERFOOD SALAD (d, g)	9
<i>Broccoli, cucumber, peas, broad beans, quinoa, feta cheese, sunflower seeds</i>	

- SANDWICHES -

SERVED ON ORGANIC BLOOMER BREAD WITH A SIDE SALAD & CRISPS (d, g)	7
<i>Choose from: Welsh Cheddar & Red Onion; Grilled Chicken & Mayo; Roast Beef & Horseradish or Tiger Prawn Marie Rose</i>	

- DESSERTS -

Why not accompany your dessert with a chilled 100ml glass of Palazzina Moscato Passito dessert wine for just £6.50

CHOCOLATE MOUSSE (d, g)	6
<i>White chocolate soil, fermented raspberry gel, white chocolate shard</i>	
COMPRESSED PEACH (su, n)	6
<i>Blueberry pastille, honey almonds, kirsch gel</i>	
LEMON CURD (d, g)	6
<i>Crumble dust, meringue, basil oil, yoghurt sorbet</i>	
MACERATED STRAWBERRIES (d, g)	6
<i>Crème fraîche, pine oil, strawberry & elderflower gel</i>	
MEADOWSWEET PANNACOTTA (d, g)	6
<i>Pickled cherries, blackberry gel, lemon shard</i>	
SELECTION OF AWARD WINNING WELSH ICE CREAMS & SORBETS (d)	5
<i>Please ask your server for the range of flavours currently available</i>	
SLATE OF WELSH CHEESES (d, g, v)	8
<i>From the north award winning Black Bomber & Green Thunder, from the west creamy Perl Lâs & Perl Wen and Blaenavon cheddar blended with Penderyn whisky from our local area accompanied by artisan crackers, frozen grapes, red onion chutney, truffled honey. Why not compliment with a 100ml glass of Port starting from just £3.80, please ask for our current range.</i>	



- AUGUST/SEPTEMBER 2018 -
- SET LUNCH MENU -
Available Tuesday-Saturday 12:00pm-3:00pm

1 COURSE - £13

2 COURSES - £17

3 COURSES - £20

- TO START -

HOMEMADE SOUP OF THE DAY (d, g)

Freshly baked bread

(V) SLOW COOKED BEETROOT (d, n)

Crispy fennel, walnuts, Perl Lâs snow

SOUS VIDE COD (d, su)

Roasted cabbage, goat's cheese & pea purée, tomato & basil concasse

CHORIZO LOLLYPOP (e)

Watercress mayo

- MAIN COURSE -

HOMEMADE FISH CAKES (d, g, cr)

Sweetcorn velouté charred sweetcorn, chilli & spring onion salad

(V) FRESH TAGLIATELLE (d, su, e)

Sun dried tomatoes, olives, shallots, garlic, feta cheese

BRECON BACON STEAK (d)

Pineapple jam, pea salad, triple cooked hand cut chips

CONFIT DUCK HASH (e)

Fried egg, watercress

- DESSERTS -

CHOCOLATE MOUSSE (d)

White chocolate soil, fermented raspberry gel, white chocolate shard

COMPRESSED PEACH (su, n)

Blueberry pastille, honey almonds, kirsch gel

MEADOWSWEET PANNACOTTA (d, g)

Pickled cherries, blackberry gel, lemon shard

MACERATED STRAWBERRIES (d, g)

Crème fraîche, pine oil, strawberry & elderflower gel

If you or any of your party suffer from any form of food allergies or intolerances please inform us prior to placing your order and we will do our very best to accommodate, where possible, your specific dietary requirements.

Ingredient Key: (d) - dairy; (g) - gluten, wheat or lupins; (s) - soy; (v) - vinegar; (c) - celery; (cr) - crustacean; (n) - nuts/seeds; (su) - sulphites; (e) - egg