



- JUNE/JULY 2018 LUNCH MENU -

Available Tuesday to Saturday 12pm-3pm

- NIBBLES -

(V) POT OF MIXED OLIVES	3.50
(V) HOMEMADE BREAD & OLIVES, OLIVE OIL & BALSAMIC VINEGAR DIP (g, v)	4.95
(V) FLATBREAD WITH HUMMUS, TZATZIKI & GARLIC OIL (g, d)	4.95

- LIGHT LUNCHES -

HOMEMADE SOUP OF THE DAY (g, d)	5.95
<i>Fresh baked bread</i>	
(VO) CAESAR SALAD - PLAIN OR *GRILLED CHICKEN (g, d)	9.95 / *12.95
<i>Croutons, fresh gem lettuce, crisped bacon, poached egg, parmesan</i>	
ANTIPASTI (d, g, v)	5.25 / 10.50
<i>Selection of salamis and cured meats, ciabatta bread, mixed olives, olive oil & balsamic dip. For one or to share</i>	
HORS D'OEUVRES PLATTER (d, v, c)	5.25 / 10.50
<i>Baby carrots, marinated artichokes, Parma ham, spring onions, celery, chicory, radish, pickled eggs, roasted garlic mayonnaise, hummus, tzatziki. Available for one or to share</i>	
ITALIAN CLUB SANDWICH (d, g)	12.50
<i>Baked ciabatta, Parma ham, grilled chicken breast, olives, basil pesto, roquette, served with parmesan & truffle chips</i>	
RED LION 4oz SIRLOIN STEAK SANDWICH (d, g)	15.00
<i>Fried onions & mushrooms, triple cooked hand-cut chips, grain mustard mayo</i>	
(V) PROVENCAL VEGETABLE & WELSH CHEESE CIABATTA (d, g)	11.95
<i>Fresh pesto, hand-cut triple cooked chips</i>	
(VO) D.I.Y. TACOS (d, g)	12.50
<i>Flour tortillas, Mexican style beef or vegetable chilli, shredded lettuce, tomato, salsa, guacamole</i>	

- SANDWICHES -

SERVED ON ORGANIC BLOOMER BREAD WITH A SIDE SALAD & CRISPS (d, g)	7.50
<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

GLAZED LEMON TART (d, g)	5.75
<i>Homemade elderflower ice cream, fresh raspberries</i>	
WARM CINNAMON COATED DOUGHNUT (d, g, n)	5.75
<i>Homemade Nutella ice cream, roasted almonds, chantilly cream, chocolate sauce</i>	
STRAWBERRY CHEESECAKE ROULADE (d, g)	5.75
<i>Eton mess, marinated strawberry, basil syrup, vanilla welsh ice cream</i>	
BAKED RASPBERRY SHORTCAKE (d, g)	5.75
<i>Raspberry purée, peppered raspberries, raspberry ripple welsh ice cream, vanilla cream</i>	
ROASTED PEACH PANNACOTTA (d)	5.75
<i>Passion fruit, Brecon honey welsh ice cream</i>	
SELECTION OF AWARD WINNING WELSH ICE CREAMS & SORBETS (d)	5.75
<i>Please ask your server for the range of flavours currently available</i>	
SLATE OF WELSH CHEESES (d, g, v)	11.95
<i>From the north Black Bomber & Green Thunder, from the west Perl Lâs & Perl Wen and Blaenavon cheddar with Penderyn whisky from our local area, artisan crackers, frozen grapes, red onion chutney, truffled honey.</i>	



- JUNE/JULY 2018 -
- SET LUNCH MENU -
Available Tuesday-Saturday 12:00pm-3:00pm

1 COURSE - £12.95

2 COURSES - £15.95

3 COURSES - £19.95

- TO START -

HOMEMADE SOUP OF THE DAY (d, g)

Freshly baked bread

HOME SPICED CAJUN CHICKEN TERRINE (d)

Pineapple, mango & chilli salsa, coriander, mint yoghurt, melba toasts

(V) ROASTED MUSHROOMS ON TOAST (g, d)

Roquette & parmesan salad, balsamic syrup

(VO) GOAT'S CHEESE & FÈVE BEAN CROQUETTE (d, g, v)

Garden pea salsa, pulled ham hock, pea shoot salad, balsamic glaze

- MAIN COURSE -

HOMEMADE LAMB RISSOLE (d, g)

Summer vegetables, elderflower & rosemary jus

PAN FRIED BREAST OF FREE RANGE CHICKEN (d)

Summer green risotto, parmesan, olive oil

BAKED HAKE (d)

Summer succotash, mustard crème fraîche

(V) PROVENCAL VEGETABLES AU GRATIN (d, g)

Sauté potatoes

- DESSERTS -

GLAZED LEMON TART (d, g)

Homemade elderflower ice cream, fresh raspberries

WARM CINNAMON COATED DOUGHNUT (d, g, n)

Homemade Nutella ice cream, roasted almonds, chantilly cream, chocolate sauce

ROASTED PEACH PANNACOTTA (d)

Passion fruit, Brecon honey welsh ice cream

BAKED RASPBERRY SHORTCAKE (d, g)

Raspberry purée, peppered raspberries, raspberry ripple welsh ice cream, vanilla cream

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