



- DECEMBER 2017 -
- LUNCH MENU -

Available Tuesday-Saturday 12:00pm-3:00pm



- RUSTIC BAGUETTES -

Served with hand-cut triple cooked chips and homemade slaw

PEMBROKESHIRE TURKEY, STUFFING & CRANBERRY BAGUETTE (d, g)	12.50
<i>Breast of free range Pembrokeshire turkey, herb stuffing and cranberry sauce in a rustic Barra Gallega baguette</i>	
CAJUN CHICKEN, BACON & WELSH CHEESE BAGUETTE (d, g)	12.50
<i>Warm free range home spiced grilled chicken breast, bacon and welsh cheddar in a rustic Barra Gallega baguette</i>	
(V) ROASTED VEGETABLE & GOAT'S CHEESE BAGUETTE (d, g)	9.95
<i>Crumbly goat's cheese and fresh roasted winter vegetables served in a warm rustic Barra Gallega baguette</i>	
4oz PRIME WELSH SIRLOIN STEAK BAGUETTE (d, g)	12.50
<i>4oz grass fed grilled welsh sirloin steak, fried onions & mushrooms in a warm rustic Barra Gallega baguette</i>	

- PUB CLASSICS -

MONKFISH SCAMPI (g, d)	13.95
<i>Hand crumbed diced fillet of fresh monkfish, mushy peas, homemade tartare sauce, hand-cut triple cooked chips</i>	
VENISON SHEPHERD'S PIE (g, d)	12.50
<i>Thick, succulent stew of fresh minced Brecon venison & rich red wine jus, parsnip mash, roasted winter vegetables</i>	
SAUSAGE & MASH (g, d)	9.95
<i>Trio of local pork & leek sausages, fresh creamy mash, rich onion gravy, red onion marmalade</i>	
RED LION BURGER (g, d)	10.95
<i>Grilled handmade welsh grass fed beef burger patty, lettuce, tomato, bacon, welsh cheddar, homemade slaw, hand-cut fries</i>	

- GRILLS -

All grills are served with hand-cut triple cooked chips, slow roasted mushroom, tomato and homemade slaw

10oz WELSH GRASS FED SIRLOIN STEAK* (d)	21.95
<i>A flavoursome tender cut best cooked medium to medium/rare.</i>	
12oz WELSH GRASS FED RIB-EYE STEAK* (d)	24.95
<i>A beautiful marbling of fat throughout the steak makes this one of the most flavourful when cooked medium/rare.</i>	
8oz WELSH GRASS FED FILLET STEAK* (d)	26.50
<i>The most lean and tender of all the steaks.</i>	
8oz FREE RANGE CHICKEN BREAST* (d)	13.50
<i>A beautiful plain grilled local free range chicken breast.</i>	
HOME CAJUN SPICED 8oz FREE RANGE CHICKEN BREAST* (d)	13.75
<i>A beautiful local free range chicken breast marinated in our homemade cajun style spice rub.</i>	
(V) GRILLED HALLOUMI CHEESE (d)	10.95
<i>Plain or home cajun spiced grilled Halloumi cheese.</i>	
STEAK SAUCE SIDE (d)	2.00
<i>Your choice of Peppercorn or Diane</i>	

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



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- DESSERTS -

Why not accompany your dessert with a chilled 125ml glass of Palazzina Moscato Passito dessert wine for just £7.80

MULLED WINE CRÉME BRÛLÉE (d, g, n) **5.25**
Jalousie biscuit, roasted nut granola

SPICED STICKY TOFFEE PUDDING (d, g) **5.25**
Honeycomb ice cream, butterscotch sauce, cinnamon tuile

PRUNE & ARMAGNAC TART (d, g, n) **5.25**
Fig Syrup, almond macaroon, vanilla cream

LEMON & RASPBERRY CHEESECAKE (d, g, n) **5.25**
Lemon curd Eton mess, white chocolate ice cream, raspberry sherbet

TRIPLE CHOCOLATE TERRINE (d, g) **5.25**
Chocolate crackle, clementine salad, orange ripple ice cream

SELECTION OF AWARD WINNING WELSH ICE CREAMS & SORBETS **5.25**
Please ask your server for the range of flavours currently available

SLATE OF WELSH CHEESES (d, g, v) **7.95**

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. Best enjoyed with a glass of Port, please ask for our current range.

- TEA & COFFEE -

WELSH BREW TEA / SPECIALITY TEAS **1.90 / 2.10**

ESPRESSO / DOUBLE ESPRESSO **1.50 / 2.00**

AMERICANO / DECAF AMERICANO **2.25**

CAFFE LATTE **2.60**

CAPPUCCINO **2.60**

HOT CHOCOLATE **3.95**

FLOATER COFFEE / LIQUEUR COFFEE **3.10 / 5.90**

WELSH FLOATER COFFEE **6.90**
(made with Penderyn whiskey)

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