



- JULY / AUGUST 2017 LIGHT LUNCH MENU -

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

Our full menu is also available for those with a heartier appetite



(V) HOMEMADE SOUP OF THE DAY (d, g, v) <i>Freshly baked bread and welsh marmite butter</i>	5.25
(V) WELSH CHEESE PLOUGHMANS (d, g, v) <i>Fresh leaves, pickles, apple, grapes, Barra Gallega baguette, marmite butter</i>	9.95
HOMEMADE SAUSAGE ROLL PLOUGHMANS <i>Brecon pork & leek sausage roll, fresh leaves, pickles, apple, grapes, Barra Gallega baguette, marmite butter</i>	9.95
FISH FINGER SANDWICH (d, g) <i>House breaded hand cut fillets of haddock, mushy peas, lettuce, homemade tartare sauce, Barra Gallega baguette, triple cooked hand-cut chips</i>	12.50
4oz PRIME WELSH SIRLOIN STEAK BAGUETTE (d, g) <i>Barra Gallega rustic baguette, fried onions & mushrooms, hand-cut triple cooked chips and homemade slaw</i>	12.50
RED LION CLUB SANDWICH, SLAW & HOME CUT FRIES (d, g) <i>Layers of toasted fresh bread, free range chicken, smoked bacon, lettuce, tomato & mayo topped with a fried egg</i>	10.95
MINTED WELSH LAMB BURGER (d, g) <i>Lettuce, tomato, red onion & beetroot, brioche bun, hand-cut triple cooked chips and homemade slaw</i>	12.50
(V) HALLOUMI BURGER, BBQ SLAW & HOME CUT FRIES (g, d) <i>Plain or cajun hand spiced halloumi cheese, bbq sauce, tomato, lettuce in a toasted brioche bun</i>	12.95
SPICED FREE RANGE CHICKEN (d,n) <i>Hand cut cubes of fresh free range breast, spiced yoghurt & spinach sauce, Basamati rice, warm naan bread, mango chutney (or go full native & have half 'n' half)</i>	10.95

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; (c) - crustacean; (n) - nuts/seeds