



## - MAY - JUNE 2017 MENU -

Available Tuesday-Saturday 12:00pm-3:00pm & 6:00pm-9:00pm

### - NIBBLES -

<b>(V) HOMEMADE BREAD &amp; MIXED OLIVES</b> (d, g, v, g)	<b>4.00</b>
<i>Aged Balsamic vinegar, extra virgin olive oil dip</i>	
<b>(V) SMOKED POTATO CROQUETTES</b> (d, g, v)	<b>4.00</b>
<i>BBQ dipping sauce</i>	
<b>HOMEMADE GARLIC CHICKEN BALLS</b> (d, g)	<b>4.00</b>
<i>Cajun spiced mayonnaise</i>	
<b>CRISPY WHITEBAIT</b> (d, g)	<b>4.00</b>
<i>Lemon &amp; black pepper mayonnaise</i>	
<b>ANTIPASTI FOR ONE OR TO SHARE</b> (d, g)	<b>8.95 / 12.95</b>
<i>Selection of cured welsh meats and salamis, olives, extra virgin olive oil dip and fresh homemade bread</i>	

### - STARTERS -

<b>KING PRAWNS</b> (g, c, n)	<b>6.50</b>
<i>Coconut, tomato, chilli, lime &amp; garlic broth, egg noodles, micro-coriander</i>	
<b>MENAI MUSSELS</b> (c, d, n)	<b>6.25</b>
<i>Your choice of curry or marinère sauce, fresh homemade bread, aioli</i>	
<b>(V) GOAT'S CHEESE &amp; CARAMALISED RED ONION TART TARTIN</b> (d, g, n)	<b>5.95</b>
<i>Waldorf salad</i>	
<b>CHARGRILLED SPICED MARINATED LAMB KEBAB</b> (d, n)	<b>5.95</b>
<i>Tomato, red onion and feta cheese salad, tzatziki dressing</i>	
<b>(V O) WYE VALLEY ASPARAGUS SPEARS</b> (d, g)	<b>5.95</b>
<i>Mushroom scotched quail's egg, bacon lardons, mornay sauce, fresh parmesan (<b>vegetarian option available</b>)</i>	

### - MAINS -

All mains are accompanied by broccoli, chantenay carrots & hispi cabbage

<b>LOCAL WELSH LAMB</b> (d, g)	<b>17.50</b>
<i>Pan fried rump, braised shoulder cigarillo, rosemary &amp; garlic rosti, lamb jus</i>	
<b>WELSH BEEF</b> (d, g)	<b>15.95</b>
<i>Braised featherblade, mini cottage pie, red wine jus</i>	
<b>BRECON PORK</b> (d, g)	<b>16.50</b>
<i>Pan fried loin of local free range pork, braised cheek, black pudding bon bon, smoked potato purée, jus</i>	
<b>BREAST OF DUCK</b> (d, g, n)	<b>18.50</b>
<i>Bacon &amp; chive potato cake, blackcurrant jus, maple &amp; bacon popcorn, smoked nuts</i>	
<b>TRIO OF FREE RANGE CHICKEN</b> (d, g)	<b>15.95</b>
<i>Roasted breast, confit thigh, mini kiev, sweetcorn purée, fantail potato, velouté</i>	
<b>(V) BEETROOT &amp; FETA CROQUETTES</b> (d, g, n)	<b>13.95</b>
<i>Sweet potato, red pepper &amp; chickpea chilli, sour cream</i>	
<b>LOIN OF COD</b> (d)	<b>14.95</b>
<i>Seaweed butter, smoked celeriac purée, charred leeks, new potatoes, butter sauce</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; (c) - crustacean; (n) - nuts/seeds



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**- GRILLS -**

*All grills are served with your choice of hand-cut triple cooked chips or new potatoes, slow roasted mushroom, tomato and fresh seasonal vegetables*

<b>10oz WELSH SIRLOIN STEAK*</b> (d)	<b>19.95</b>
<i>A flavoursome tender cut best cooked medium to medium/rare.</i>	
<b>12oz WELSH RIB-EYE STEAK*</b> (d)	<b>21.95</b>
<i>A beautiful marbling of fat throughout the steak makes this one of the most flavourful when cooked medium/rare.</i>	
<b>8oz WELSH FILLET STEAK*</b> (d)	<b>24.95</b>
<i>The most lean and tender of all the steaks.</i>	
<b>8oz CAJUN SPICED FREE RANGE CHICKEN BREAST*</b> (d)	<b>13.95</b>
<i>A beautiful grilled local free range hand spiced chicken breast.</i>	
<b>(V) GRILLED HALLOUMI CHEESE</b> (d)	<b>10.95</b>
<i>Plain or home cajun spiced grilled Halloumi cheese.</i>	

**- DESSERTS -**

<b>CHOCOLATE MOUSSE</b> (d, g, n)	<b>5.25</b>
<i>Chocolate soil, blackberry gel, vanilla churros, hazelnut ice cream</i>	
<b>BAKEWELL</b> (d, g)	<b>5.25</b>
<i>Strawberry compote, light sponge, marzipan brittle, amaretto crème anglaise, clotted cream ice cream</i>	
<b>GREEN TEA CAKE</b> (d, g)	<b>5.25</b>
<i>Fresh raspberries, lemon zest, green tea honeycomb, raspberry sorbet</i>	
<b>COCONUT PANNACOTTA</b> (d, g)	<b>5.25</b>
<i>Mango sorbet, coconut meringues, mango salad, orange biscuit</i>	
<b>RED LION TRIFLE</b> (d, g)	<b>5.25</b>
<i>Banana cake, tonka bean parfait, fruit jelly, chantilly cream, fresh berries, sherry syrup, vanilla ice cream</i>	
<b>SELECTION OF AWARD WINNING WELSH ICE CREAMS</b> (d, g)	<b>5.25</b>
<i>Please ask your server for the range of flavours currently available</i>	
<b>SLATE OF WELSH CHEESES</b> (d, g, v)	<b>7.95</b>
<i>Artisan crackers, frozen grapes, red onion chutney, truffled honey</i>	

**- EXTRAS -** **2.95**

<b>HAND-CUT TRIPLE COOKED CHIPS</b>
<b>TRUFFLE &amp; PARMESAN TRIPLE COOKED CHIPS</b> (d)
<b>CAJUN SPICED TRIPLE COOKED CHIPS</b>
<b>FRESH CREAMY BUTTERED MASH</b> (g, d)
<b>ROSEMARY &amp; GARLIC ROSTI</b> (d)
<b>FRESH SEASONAL SALAD</b> (v)
<b>FRESH SEASONAL VEGETABLES</b> (g, d)
<b>HOMEMADE GARLIC BREAD</b> (g, d)
<b>HOMEMADE GARLIC BREAD WITH WELSH CHEESE</b> (g, d)

**- TEA & COFFEE -**

<b>SELECTION OF SPECIALITY TEAS</b>	<b>1.90</b>
<b>ESPRESSO / DOUBLE ESPRESSO</b>	<b>1.50 / 2.00</b>
<b>AMERICANO / DECAF AMERICANO</b>	<b>2.10</b>
<b>CAFFE LATTE</b>	<b>2.20</b>
<b>CAPPUCCINO</b>	<b>2.20</b>
<b>HOT CHOCOLATE</b>	<b>3.95</b>
<b>FLOATER COFFEE / LIQUEUR COFFEE</b>	<b>3.10 / 5.90</b>
<b>WELSH FLOATER COFFEE</b> <i>(made with Penderwyn whiskey)</i>	<b>6.90</b>