

- AUGUST / SEPTEMBER 2022 LUNCH MENU -

Available Wednesday to Saturday 12pm-2:30pm

- NIBBLES -

- (v) **Marinated Kalamata & Green Olives** | rosemary | garlic | extra virgin olive oil 4.0
(v) **Spiced Mixed Nuts** (n) 3.0

- STARTERS -

- Antipasti** (Vegetarian Option Available) (d, e, g, su) 9.0
warm fresh bread | garlic & rosemary olives | e.v. olive oil | basil ricotta | Trealy Farm lomo cured pork loin
Sweetcorn Velouté (d, e, g, su) 8.0
spiced chicken beignet | corn salsa | coriander
Confit Salmon (d, su, f) 9.0
pea & tarragon purée | broad beans | fennel & kohlrabi salad | tarragon oil
Seared Cornish Scallops (cr, f, su, m) 10.0
red pepper & tomato gazpacho | corn salsa | radish & fine beans
Lamb Breast Fritters (g, e, s, su) 9.0
kimchi | chilli & mint oat yoghurt | teriyaki sauce
(v) **Charred Broccoli** (s, n, su) 8.5
spiced peanuts | quinoa | satay sauce

- MAIN COURSES -

- (v) **Tempeh Burger** (g, su, s) 16.0
kimchi | miso bbq sauce | sourdough bun | fries (add old bay seasoning as an option)
Marinated Chicken Burger (d, su, g, e, v) 17.0
deep fried pickles | old bay & dill mayo | sourdough bun | fries
Antipasto Salad (d) 16.0
Monmouthshire lomo cured pork loin | Trealy Farm salami | olives | mozzarella | crisp lettuce | basil
(v) **Roasted Broccoli & Crisp Polenta Salad** (n) 16.0
puffed quinoa | spiced nuts | summer courgettes | satay dressing
Fish & Chips (f, d, g) 18.0
ale battered fillet of haddock | skin on hand cut chips | pea purée | house tartar sauce | charred lemon

- SANDWICHES -

all served on ciabatta with dressed leaf salad and skinny fries

- 6oz* Welsh Sirloin Steak** | sautéed mushrooms | onion marmalade (g, d, su) 16.0
Prawn Cocktail | romaine lettuce | cucumber | tomatoes | marie rose sauce (cr, g, e, d) 13.0
Red Lion BLT | Monmouth air dried ham, arrotolata & lomo | crisp lettuce | heritage tomato | mayo (g, e) 16.0
(v) **Welsh Cheddar & Heirloom Tomato** | tomato chutney (g, d, su) 11.0

- A BIT ON THE SIDE -

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| Skin On Triple Cooked Chips (Old Bay Seasoning Optional) 5.0 | Pomme Purée (d) 5.0 |
| Crushed Potatoes (d) 5.0 | Teriyaki Glazed Pak Choi (s, su) 5.0 |
| Roast Broccoli, Pinenuts, Mint & Chilli Oat Yoghurt (n) 5.0 | Charred Gem, Goat's Cheese Mousse (d) 5.0 |
| Dressed Leaf Salad 4.0 | Seasonal Vegetable Medley (d) 4.0 |
| Homemade Garlic Bread (d, g) 4.0 | <i>with welsh cheddar</i> 5.0 <i>with welsh cheddar & mushrooms</i> 6.0 |

Allergen Key:

d) - dairy; (g) - gluten/lupin; (s) - soya; (v) - vinegar; (c) - celery; (f) Fish; (cr) - crustacean/mollusc; (se) - sesame; (n) - nuts/seeds; (su) - sulphites; (e) - egg; (m) - mustard

Ingredient key is advisory only if you or any of your party suffer from any form of food allergies please inform us before placing your order & we will do our best to accommodate your requirements where possible.