

# - JULY/AUGUST 2021 LUNCH MENU -

Available Wednesday to Saturday 12pm-2:30pm

## - NIBBLES & SHARING PLATES -

(v) Sourdough Crostini   buffalo mozzarella   plum tomatoes   fresh basil (g, d)	6.0
(v) Mushroom Fritters   garlic aioli dip (g, d)	6.0
(v) Halloumi Fries   sweet chilli mayo (g, d)	6.0
(v) Finest Welsh Cheese & Vegetable Mezze Sharer (g, d, su) chutney   marinated olives   carrot   celery   apple   artisan crackers   grapes   olive oil   aged balsamic	15.0
Trealy Farm Welsh Charcuterie Mezze Sharer (g, d, su) marinated olives   welsh rarebit fondue   chutney   sourdough toasts   extra virgin rapeseed oil (g, su)	15.0

## - STARTERS -

(v) Pan Fried Wild Mushrooms (d, g, n, su) braised spinach   tomato & sesame chutney   aged balsamic	8.0
Welsh Beef Sirloin Strips (d, g, su, n) pak choi   baby carrots   carrot purée   hazelnut crumb   nasturtium	8.5
Marinated King Prawns (d, g, cr, su, e) garlic & squid ink aioli   lime, coriander, green chilli & spring onion salsa	8.5
(v) Barbequed Broccoli (su, n) satay sauce   charred lime   smoked peanuts   coriander	8.0

## - MAIN COURSES -

(v) Spiced Pea Fritter Burger (d, g, su) kimchi   confit tomato   skin on fries	16.0
Welsh Lamb Burger (d, g) cucumber & mint yoghurt   feta cheese   confit tomatoes   skin on fries	18.0
(v) Goat's Cheese Polenta (d) roasted red pepper   summer courgettes   confit tomatoes   grilled aubergines   salsa verdi	16.0
Stir Fried Breast of Chicken (d, e) summer vegetables   kimchi   egg noodles	16.0
Breast of Chicken & Bacon Salad (d, g, e) romaine lettuce   soft boiled hen's egg   sourdough croutons   fresh parmesan	15.0
King Prawn & Avocado Salad (d, g, e) romaine lettuce   soft boiled hen's egg   sourdough croutons   fresh parmesan	15.0
(v) Goat's Cheese & Red Pepper Salad (d, g, e) aubergine   courgette   tomatoes   soft boiled hen's egg   sourdough croutons	15.0

## - SANDWICHES -

*all served on ciabatta with tossed salad and shoestring fries*

Chicken & Bacon (g, d, e) garlic aioli & welsh cheddar	14.0	6oz* Welsh Sirloin Steak (g, d, su) fried onions   mushrooms	15.0
King Prawn & Avocado (g, d, e, su) garlic & squid ink aioli   baby gem	14.0	Goat's Cheese & Greek Yoghurt Salad (g, d, e, su) pickled carrot   cucumber   red onion & chilli	14.0
(v) Welsh Cheddar & Red Onion (g, d)	10.0		

## - SIDES -

Skin on Fries	4.0	Pembroke New Potatoes (d)	4.5
Skin on Fries	4.0	Seasonal Vegetable Medley (d)	4.0
Homemade Garlic Bread (d, g)	4.0	<i>with welsh cheddar &amp; mushrooms</i>	6.0

\* approximate uncooked weight

*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.*

Ingredient Key: (d) - dairy; (g) - gluten, wheat or lupins; (s) - soy; (v) - vinegar; (c) - celery; (cr) - crustacean; (n) - nuts/seeds; (su) - sulphites; (e) - egg; (m) - mustard