

- JUNE / JULY 2022 LUNCH MENU -

Available Wednesday to Saturday 12pm-2:30pm

- NIBBLES -

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

- STARTERS -

- White Crab** (d, g, e, m, cr) 9.5
fennel & heirloom tomato salad | crab beignet | saffron aioli
- Welsh Beef Croquettes** (d, g, e, c, m, s) 8.5
slow cooked brisket | old bay mayo | daikon radish & heritage carrot slaw | beef jus
- Seared Wood Pigeon** (d, n, se) 9.5
roast & puréed carrot | pak choi | dukkah spice | cherry sauce
- (v) **Roasted Squash** (d, su, v, n) 9.0
mozzarella di bufala | pickled red onion shells | basil & seed pesto

- MAIN COURSES -

- (v) **Teriyaki Tempeh Burger** (d, g, su, m, c, e) 16.0
daikon radish & heritage carrot slaw | old bay mayo | fries
- Red Lion Welsh Beef Cheese Burger** (d, su, g, e, v) 18.0
smoked cheese | crispy shallots | pickles | house burger sauce | sourdough bun | fries
- Classic Chicken Caesar** (d, g, e, m) 15.0
romaine lettuce | sourdough | parmesan | caesar dressing | anchovies
- (v) **Roasted Cauliflower** (d, n, se) 16.0
shitake curry | dukkah spice | mint ricotta
- Fish & Chips** (f, d, g) 18.5
ale battered fillet of haddock | hand cut chips | pea purée | house tartar sauce | charred lemon

- SANDWICHES -

all served on ciabatta with tossed salad and skinny fries

- 6oz* Welsh Sirloin Steak** | sautéed mushrooms | onion marmalade (g, d, su) 17.0
- Prawn Cocktail** | romaine lettuce | cucumber | tomatoes | marie rose sauce (cr, g, e, d) 12.0
- Ginger, Garlic & Chilli Marinated Chicken** | mozzarella di bufala | basil & pumpkin seed pesto (g, d, s) 16.5
- (v) **Welsh Cheddar & Heirloom Tomato** | tomato chutney (g, d, su) 10.5

* approximate uncooked weight

- EXTRAS -

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|---|-----|--|-----|---|-----|
| Triple Cooked Chips | 5.0 | Pomme Purée (d) | 5.0 | | |
| Jersey Royals (d) | 5.0 | Peas, Courgette, Mint Ricotta (d) | 5.0 | | |
| Roast Cauliflower, Oat Yoghurt, Pomegranate (d, g) | 5.0 | Seasonal Vegetable Medley (d) | 4.0 | | |
| Dressed Leaf Salad | 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.