

## STARTERS & EITHER / OR

**Soup of the day** - With Welsh granary bread.  
**Starter £4.95**

**Smoked mackerel pâté** - Homemade pâté served with capers and granary toast.  
**Starter £4.95**

**Cockles & laver bread** - Cockle fritters with a laver bread cream sauce.  
**Starter £5.50**

**Glamorgan sausages (v)** - With rocket salad and red onion chutney.  
**Starter £5.50**

**Ricotta gnocchi with peas & broad beans (v)**  
 Homemade gnocchi served with fresh mint.  
**Starter £5.95 / Main £9.50**

**Mediterranean vegetable tagine (v)** - Served with lemon cous cous and Greek yoghurt.  
**Starter £6.95 / Main £10.95**

**Fresh mussels** - With a choice of Marinière or Provençale sauce.  
**Starter £7.50 / Main £11.50**

**Welsh lamb cawl** - Served with Gorwydd Caerphilly cheese and granary bread.  
**Starter £5.95 / Main £9.50**

**Vincisgrassi** - An 18th century pasta recipe of Parma ham, ceps, Parmesan and white truffle oil.  
**Starter £7.95 / Main £12.50**

## SALADS

**Chicken Caesar salad** - Free range chicken breast with dressed baby gem leaves, Parmesan, croutons and anchovies.  
**Starter £6.95 / Main £10.95**

**Tomato, mozzarella & basil pesto salad (v)**  
 With balsamic glazed spinach & rocket leaves.  
**Starter £4.95 / Main £7.95**

**Pant-Ysgawn goat's cheese & herb salad (v)(n)**  
 With aubergine, chilli, rocket, apple, toasted walnuts and Greek yoghurt.  
**Starter £5.50 / Main £8.95**

**Tuna Niçoise** - Seared tuna steak with rocket, new potatoes, boiled egg, fine green beans, tomato, red onion, olives and capers.  
**£12.95**

Please ask if you would like to see our Daily Specials, Children's or Dessert menus

## SIDES

<b>Rocket &amp; Parmesan salad</b>	£2.95
<b>Onion rings (v)</b>	£2.50
<b>Sautéed new potatoes (v)</b>	£2.50
<b>Hand cut chips (v)</b>	£2.50
<b>Fine green beans (v)</b>	£2.50

## MAINS

**Seared tuna with green chilli pesto (n)** - Served with new potatoes, aubergine, peppers and rocket.  
**£14.95**

**Welsh Black 8oz sirloin steak** - With chips and Béarnaise sauce.  
**£16.95**

**Wild sea bass with rosemary butter sauce** - Served with sautéed new potatoes, fine green beans, red onion & rocket.  
**£13.95**

**Rump of Welsh lamb with dauphinoise potatoes**  
 Served with seasonal minted vegetable ragout.  
**£16.95**

**Butter roasted wild turbot with asparagus velouté**  
 Served with fresh tagliatelle pasta.  
**£14.95**

**Braised belly of pork with pomme purée** - Served in a rich glaze with spinach and asparagus.  
**£13.95**

**Roast spring chicken with pak choi** - Served with a sweet yellow & red pepper sauce.  
**£12.95**

## SANDWICHES & BURGERS

**Club sandwich** - Free range chicken breast, bacon, tomato, lettuce and mayonnaise in ciabatta.  
**£6.95**

**Braised leek & Black Bomber melt (v)**  
 Served on fresh ciabatta with red onion jam.  
**£5.95**

**Mushroom & pancetta Welsh rarebit** - Toasted rarebit made with Y Fenni cheese.  
**£5.95**

*Add hand cut chips to any of our sandwiches - £1.95*

**Welsh Black beef burger** - Handmade burger topped with rocket, tomato and mayonnaise.  
**£8.95**

**Chicken, Perl Wen & cranberry burger** - Free range chicken breast topped with melted, organic Perl Wen cheese and cranberry sauce.  
**£8.95**

**Bean burger (v)** - Made with cannellini and kidney beans, coriander, cumin and chilli.  
**£7.95**

*All burgers are served in a rosemary & rock salt focaccia bun with hand cut chips*

<b>Olives (v)</b>	£2.95
<b>Cheesy leeks</b>	£2.95
<b>Side salad (v)</b>	£2.50
<b>Poco Bara (bread, oil &amp; vinegar) (v)</b>	£2.50
<b>Laver bread (v)</b>	£2.95