

**PLEASE TELL US ABOUT ANY ALLERGIES OR INTOLERANCES BEFORE PLACING YOUR ORDER**

**Starters**

Leek & potato soup (V)(GF)- £5.00

Bistro fish soup, a salmon & white fish blend, tomatoes, garlic, herbs & cream (GF)- £6.50

Salt & pepper squid chunks and lemongrass & chilli breaded prawns with a sweet chilli dip- £6.50

Crispy Chinese style duck bon bons with plum dipping sauce- £7.00

Black pudding, smoked bacon & a poached egg served with bacon jam- £6.00

Welsh cheese pate with chutney & toast (V)- £6.50

Fresh Galia melon pearls with fresh berries, strawberry prosecco sorbet & coulis (V) (GF)- £5.50

Chicken liver pate served with chutney & toast (GFO)- £6.50

Cold fish plate- prawns, crayfish & smoked salmon served with Marie rose sauce (GFO)- £7.00

Lightly grilled Goats cheese on toasted brioche served with red onion marmalade and a balsamic glaze (V) (GFO)- £7.00

Creamy garlic mushrooms glazed with mozzarella and served with toasted garlic bread (V) (GFO)- £6.50

**Main courses**

Pan fried pork fillet medallions in an apple & Calvados cream sauce (GF)- £17.00

Baked chicken fillet in a white wine cream sauce with leeks, shallots with tenderstem broccoli - £17.00

Peppercorn beef- slow braised top rump pieces in a cream, peppercorn & mushroom sauce (GF)- £17.00

Half a slow roasted duck in an orange and Cointreau sauce (GF)- £18.00

Carved Welsh lamb rump in a rosemary & redcurrant gravy (GF)- £19.00

Welsh Rump steak (GF)- £19.00

10oz Welsh Sirloin steak (GF)- £22.00

10oz Welsh Ribeye steak (GF)- £23.00

**Steaks are served with chips and either garlic butter or peppercorn sauce**

*(Please see our separate board for vegetarian main courses)*

**Fresh fish Mains (Mermaid Seafood)**

Baked salmon & cod fillets in a white wine cream sauce with prawns & crayfish- £17.00

Hake fillet glazed with Mediterranean spices, topped with chorizo & Manchego cheese, with sweet potato fries (GF)- £16.00

Monkfish tails, king prawns & sweet potato in a fragrant Thai spiced coconut cream sauce, with Jasmine rice (GF) - £17.00

**All allergens are not listed on our menu but there are allergen charts placed near the bar area. Alternatively, a member of staff can go through the menu with you.**

**All main courses are served with a selection of fresh vegetables & potatoes**

**GF- gluten free, GFO- a gluten free option can be made, V-vegetarian**