

OUR DINNER MENU

Prepared by our expert chefs, we offer a range of tempting starters, succulent main courses and delicious puddings. We're proud of our Welsh heritage and confident our dinner menu will be sure to delight, for any occasion. Please ask your server for today's specials.

STARTERS

Bread and oil a selection of breads including spelt quinoa and buckwheat sourdough, with artisan Grissini bread sticks, mixed olives and a balsamic & olive oil dressing £3.95 V

King prawn, crab and avocado tian drizzled with olive oil, Sriracha, watercress and coriander £7.50 G

Soup of the day with toasted buckwheat sourdough and salted butter. Ask your server for the soup of the day £4.95 V

Korean BBQ chicken thigh skewers with Kohlrabi apple slaw, black sesame seeds and watercress £5.25

Curried scallops garnished with peppery rocket, carrots, spring onion, black sesame seeds, fresh coriander and Granny Smith apple, in an Indian spiced lemon dressing £7.50 G

Grilled lamb koftas with peppery rocket, tzatziki and toasted pitta bread £5.50

Chicken tapenade & tomato terrine with peppery rocket, toasted buckwheat sourdough and Ratatouille chutney £5.95

Mon Las blue cheese & Welsh cider rarebit* with apricot chutney and watercress £4.95 V

Crispy duck salad tossed in plum sauce with peppery rocket, fresh spinach, spring onion, carrot, cucumber and fresh coriander, in a lemon & dill dressing £6.50 G

SHARERS

Meat board cured Spanish meats, pitted mixed olives, red roquito peppers, peppery rocket and shaved Gran Levanto cheese, with balsamic dressing and toasted buckwheat sourdough £13.95

Veggie sharing board chickpea falafels, feta, roasted walnuts, pitted mixed olives, red roquito peppers and peppery rocket with Tzatziki, Ratatouille chutney, artisan Grissini breadsticks and toasted pitta bread £11.95 V

MAINS

Goan chicken and chickpea curry with pilau rice, homemade Bombay Aloo potatoes, garlic & coriander naan and mango chutney, on a traditional Thali tray £11.95

Brains SA Gold sausages served with champ mash and caramelised onion gravy £8.95

Buttermilk chicken with sweet potato fries, Kohlrabi and apple slaw, watercress and a garlic mayonnaise dip £10.95

Chicken, ham & leek pie with a puff pastry lid, seasonal greens and thick cut chips £10.95

South Indian vegetable curry with pilau rice, homemade Bombay Aloo potatoes, butternut squash, sweet potato, red lentils, garlic & coriander naan and mango chutney, on a traditional Thali tray £11.95 V

Asparagus & Edamame bean risotto with peas, mint, shallots, watercress and Gran Levanto cheese £10.95 V

STEAKS

Our steaks are 28 day matured and served with Welsh Red Mustard & tarragon butter, confit tomato, flat cap mushroom and thick cut chips. Choose from:

8oz rump steak £13.95 G **8oz sirloin steak** £17.95 G **7oz fillet steak** £21.95 G

Add: Scallops £5.00 G, Garlic king prawns £3.00 G
Pepper sauce G, classic Béarnaise sauce V G or Bordelaise sauce £1.95 G

FISH

S.A. Gold beer battered cod with thick cut chips, mushy peas and our own tartare sauce £11.50

King prawn & chorizo linguine king prawns and spicy chorizo tossed in a garlic and tomato sauce, topped with fresh coriander and Gran Levanto cheese £12.95

Salmon Bois Boudran salmon fillet sat on crushed new potatoes with wholegrain mustard, spring onion and watercress, in a chilled Bois Boudran sauce £13.25 G

Katsu Fish cake with peppery rocket, Edamame beans, tomato, cucumber, spring onion, red onion, fresh coriander and black sesame seeds in a spiced lemon dressing £10.95

Goan king prawn and chickpea curry with pilau rice, homemade Bombay Aloo potatoes, garlic & coriander naan and mango chutney, on a traditional Thali tray £12.95

PLEASE TURN OVER FOR PIZZAS, BURGERS, SALADS, SIDES AND PUDDINGS

PIZZAS

All our pizzas are lovingly prepared on site. The thin and rustic crust is hand stretched by our chefs, then topped with a tomato base and the finest quality ingredients. Choose from:

- Four cheese** Mon Las blue cheese, Cheddar, Mozzarella and feta, topped with peppery rocket £10.75 **V**
- Seafood pizza** King prawns, squid and crab with spring onion, fresh coriander, peppery rocket and a spiced lemon dressing £12.95
- Continental meats** Serrano ham, chorizo, cured pork, Mozzarella and Cheddar, topped with red chillies and peppery rocket £10.95

BURGERS AND SALADS

Beef burger with back bacon and Emmental cheese in a brioche bun, with tomato, red onion, peppery rocket and dill pickle, served with thick cut chips £11.95

Buttermilk halloumi burger with a flat cap mushroom in a brioche bun, with tomato, red onion, beetroot and horseradish relish, with thick cut chips £10.50 **V**

Crispy duck salad tossed in plum sauce with peppery rocket, fresh spinach, spring onion, carrot, cucumber and fresh coriander, in a lemon & dill dressing £12.95 **G**

Watermelon & feta salad with peppery rocket, fresh spinach, black sesame seeds, mixed pitted olives, pumpkin seeds, red chillies, red onion and mint, in a lime dressing £8.95 **V G**

Harissa chicken salad with peppery rocket, chorizo, chickpeas and fresh coriander, in a lime dressing £9.95 **G**

SIDES

Brains SA Gold beer

battered onion rings £2.50

Dressed house salad £2.50 **V G**

Seasonal greens £2.50 **V G**

Kohlrabi and apple slaw £2.50 **V G**

Thick cut chips £2.50 **V G**

Sweet potato fries £3.25 **V G**

Garlic flatbread £3.25 **V**

PUDDINGS

Trio of Welsh ice cream

Three scoops of Mario Dallavalle's award winning ice cream with Rossini curls £4.95 **V**

Gin & Tonic lemon cheesecake*

with a blackcurrant curd £5.25 **V**

Baked Alaska

with a lemon curd centre and Limoncello sponge, with vanilla ice cream and meringue £6.95 **V**

Sticky toffee and date pudding

Our own recipe with homemade toffee sauce and clotted cream or custard £5.25 **V**

Rhubarb, ginger & apple crumble

with your choice of custard or ice cream £5.25 **V G**

Sachertorte

A rich, luxurious Viennese inspired chocolate cake, served with chocolate sauce and whipped cream £5.95 **V**

Warm chocolate and almond brownie

with peanut butter and caramel ice cream and chocolate sauce £5.25 **V G**

Pimm's trifle*

topped with fresh strawberries, mint, whipped cream and flaked almonds £6.95 **V**

Welsh cheese sharing slate

Mon las blue cheese, Cenarth Brie, Y-Fenni Cheddar and Snowdonia Black Bomber mature Cheddar cheese, with Bara Brith, grapes, spiced apricot chutney, watercress and Welsh Cradoc mixed crackers £9.50 **V**

OUR SHARING SLATE

Enjoy our warm chocolate and almond brownie, sticky toffee and date pudding, rhubarb, ginger & apple crumble and Gin & Tonic lemon cheesecake*, with vanilla pod ice cream, peanut butter and caramel ice cream £9.95 **V**

HOT DRINK AND A MINI PUDDING £4.50

Any hot drink* with one of our mini puddings.

Choose from; warm chocolate and almond brownie, sticky toffee and date pudding or Sachertorte **V**

(See puddings for full description and allergen information)

HOT DRINKS

Pot of tea / fruit infusion £1.90

Espresso £2.00

Macchiato £2.25

Americano £2.25

Flat white £2.25

Latte £2.50

Cappuccino £2.50

Hot chocolate £2.50

Some products may contain nuts or nut oils. Fish and poultry dishes may contain bones. Dishes marked with * contain alcohol. Dishes marked with a **V** are suitable for vegetarians. Dishes marked **G** are not made with gluten containing ingredients, however, they are prepared in a kitchen that handles other products that contain gluten. All items are subject to availability.

Approximate weights shown are prior to cooking. If you require more information on allergens please ask a member of staff. Customers that have an intolerance should notify a member of staff on ordering. For full terms and conditions visit www.sabrain.com