

# OUR LUNCH MENU

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

## FIXED PRICE LUNCH MENU 2 courses for £10.95 or 3 courses for £13.95

Available Monday – Friday midday until 5pm **FP** Denotes dishes available as part of the fixed price lunch menu

### STARTERS

**Bread and oil** a selection of breads including spelt quinoa and buckwheat sourdough, with artisan Grissini bread sticks, mixed pitted 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**

**FP 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 £4.95 **V G**

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

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

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

**FP Chilli whitebait** with a lemongrass and chilli mayonnaise £5.25

### MAINS

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

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

**Gammon steak** with a fried free range hen's egg and thick cut chips £9.95 **G**

**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**

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

**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**

**FP Asparagus & edamame bean risotto** with peas, mint, shallots, watercress and Gran Levanto cheese £10.95 **V G**

**SA Gold beer battered cod** with thick cut chips, mushy peas and our own tartare sauce £11.50

**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

### 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**

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

### SALADS

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

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

**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**

**FP 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

PLEASE TURN OVER FOR PIZZAS, SANDWICHES, SIDES & 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

**FP Continental meats** Serrano ham, chorizo, cured pork, Mozzarella and Cheddar, topped with red chillies and peppery rocket £10.95

## SANDWICHES

All served on your choice of white or malted bloomer, with thick cut chips\*

**Hand carved ham and Collier's Welsh Cheddar** with mustard piccalilli £6.50

**Classic chicken club** with bacon, a fried free range hen's egg, Collier's Cheddar cheese, tomato, peppery rocket and mayonnaise £7.95

**FP Posh fish finger** crispy panko coated cod goujons, with peppery rocket and our own tartare sauce £7.50

**New York deli stack** Pastrami, Emmental cheese and Sauerkraut with Dijon mayonnaise and dill pickle £7.95

**Cenarth Brie, beetroot and Granny smith apple** with baby spinach and a beetroot and horseradish relish £6.50 **V**

\*Upgrade to sweet potato fries for £1.50

## 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

**FP 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**

**FP Warm chocolate and almond brownie**

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

**Baked Alaska**

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

**Sachertorte**

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

**FP Rhubarb, ginger & apple crumble**

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

**Sticky toffee and date pudding**

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

**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](http://www.sabrain.com)