

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 MENU 2 courses for £11.95 or 3 courses for £14.95*
Available Monday – Friday midday until 5pm ● Denotes dishes available as part of the fixed price menu

STARTERS

Breads & oil a selection of Artisan breads, with Grissini breadsticks, olives and a balsamic & olive oil dressing (v) £3.95

Figs in prosciutto stuffed with Mon Las blue cheese and drizzled in honey £6.95

- **Smoked cod croquettes** with crispy capers, shaved lemon and garlic mayonnaise £5.50

Wood pigeon sliced pigeon breast with crispy parsnips, roasted hazelnuts, pickled beetroot and blackberries in a balsamic dressing £6.95

- **Soup of the day** with toasted buckwheat sourdough and butter. Ask your server for the soup of the day (v) £4.95
- **Grilled pear & roasted walnut salad** with Mon Las blue cheese and bulgar wheat in a honey mustard dressing (v) £5.95
Vegan option available. Please ask your server for more details.

SHARERS

Baked Camembert infused with garlic & thyme, with apple, celery, carrot and toasted buckwheat sourdough (v) £10.95

Welsh Ploughman's board Carmarthen cured ham, Mon Las blue cheese, Snowdonia Black Bomber mature Cheddar, roasted walnuts, olives, pickled onions, grapes, apple and toasted buckwheat sourdough, with spiced apricot, beetroot & horseradish and piccalilli chutneys £13.95

MAINS

Grilled pear & roasted walnut salad with Mon Las blue cheese and bulgar wheat in a honey mustard dressing (v) £9.95
Vegan option available. Please ask your server for more details.

- **Buttermilk chicken** with sweet potato fries, coleslaw and garlic mayonnaise dip £10.95

Roasted butternut squash & cranberry tagine with caramelised red onion and Moroccan cous cous (v) (vg) £10.95

Welsh beef burger topped with back bacon, Emmental cheese, tomato, red onion, rocket and dill pickle in a brioche bun with thick cut chips £11.95

- **Speciality sausage & mash** with caramelised onion gravy. Ask your server for the speciality sausage & mash of the day £9.95
In support of the Welsh Hearts charity, we will be making a 10p donation from every hearty 'speciality sausage & mash of the day' purchased
- **Buttermilk halloumi burger** topped with a flat cap mushroom, tomato, red onion and beetroot & horseradish relish in a brioche bun with thick cut chips (v) £10.50

FISH

Pan-fried salmon fillet topped in a salsa verde dressing, with new potatoes, green beans and garden peas £14.25

- **Homemade smoked mackerel cakes** with green beans, horseradish, watercress and lemon £10.95

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

8oz rump steak £14.95 **8oz sirloin steak** £19.95

Add: scallops £6.00, garlic king prawns £4.00

Pepper sauce, classic béarnaise sauce (v) or bordelaise sauce £2.50

PLEASE TURN OVER FOR PIZZAS, 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

- **Carmarthen cured ham & roasted pineapple** with Cheddar, mozzarella and rocket £11.95
- **Four cheese** Mon Las blue cheese, Cheddar, Y-Fenni Cheddar, mozzarella and rocket (v) £11.75
- Continental meats** Serrano ham, chorizo, cured pork, Cheddar, mozzarella, red chillies and rocket £12.50

SIDES

Brains SA Gold beer
battered onion rings £2.95
Dressed house salad (v) £3.00

Seasonal greens (v) £3.00
Coleslaw (v) £3.00
Thick cut chips (v) £2.95

Sweet potato fries (v) £3.25
Garlic flatbread (v) £3.95

PUDDINGS

Coconut sorbet
with fresh blackberries (v) £4.95

Sticky toffee & date pudding
our own recipe, with toffee sauce and vanilla pod ice cream, custard or clotted cream (v) £5.95

Sachertorte
Viennese inspired chocolate cake with a rich chocolate sauce and whipped cream (v) £5.95

- **Panettone bread & butter pudding**
with vanilla pod ice cream, custard or clotted cream (v) £5.50

Black cherry & mascarpone cheesecake
with cherry coulis (v) £5.95

Warm chocolate & almond brownie
with peanut butter & caramel ice cream and chocolate sauce (v) £6.25

Plum & stem ginger crumble**
infused with Penderyn whisky and served with vanilla pod ice cream, custard or clotted cream (v) £5.95

- **Trio of Welsh ice cream**
three scoops of Mario Dallavalle's award winning ice cream with Rossini curls (v) £4.95

Tiramisu**
layers of Marsala coffee soaked sponge and mascarpone cream, topped with Amaretti biscuits £6.95

Welsh cheese sharing slate
Mon Las blue cheese, Cenarth brie, Y-Fenni Cheddar and Snowdonia Black Bomber mature Cheddar, with Bara Brith, grapes, spiced apricot chutney and Welsh Cradoc crackers (v) £9.50

OUR SHARING SLATE £10.95

Enjoy our warm chocolate & almond brownie, sticky toffee & date pudding, plum & stem ginger crumble and black cherry & mascarpone cheesecake, with vanilla pod ice cream and peanut butter & caramel ice cream (v)

HOT DRINK AND A MINI PUDDING £5.25

- **Any hot drink* with one of our mini puddings**
Choose from; warm chocolate and almond brownie, sticky toffee & date pudding or Sachertorte
(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

*Terms and conditions apply. All items are subject to availability. Approximate weights shown are prior to cooking. Some products may contain nuts or nut oils. Dishes marked with a (v) do not contain meat or fish. Dishes marked with a (vg) are suitable for vegans. Dishes marked with ** contain alcohol. All our food is prepared in a kitchen where nuts, cereals containing gluten, and other allergens are present, and our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please let us know before ordering. For full allergen information on our food and drinks, please speak to a member of the team. Fish and poultry dishes may contain bones. For full terms and conditions visit www.sabrain.com