

To Start

Salt and pepper calamari with garlic Aioli	£7.00
Oven baked goats cheese en crouete with spiced pear & apple chutney	£7.00
Crispy breaded pork belly with toasted pine nuts & apple glaze	£7.00
Creamy salmon terrine, pickled summer vegetables & crusty bread	£7.00
Hot & spicy buffalo chicken wings with cool ranch dip	£6.50
Malibu & garlic tiger prawns with ribboned vegetable salad & lime dressing	£7.50
Crispy duck Thai salad with toasted sesame seeds & plum ketchup	£6.50
Garlic bread	£3.25
Garlic bread with cheese	£3.95

Main Course

The Fresh Burger	£12.50
Homemade beef burger with cheese, bacon, onion rings & fried egg served with fries, salad & coleslaw	
The Fresh Chicken Burger	£12.50
Homemade breaded lemon chicken burger with parsley mayo and sliced tomatoes served with fries, salad & coleslaw	
Crab & King Prawn Linguine	£17.50
Bound in a light garlic butter with fresh spinach, cherry tomatoes & chilli	
Moroccan Spiced Welsh Lamb Rump	£16.50
Melt in the mouth spiced lamb rump with roasted red potatoes, pan tossed vegetables & a rich redcurrant jus	

The Fresh Stir-Fry

Beef – Strips of fillet steak in a chilli, ginger & oyster sauce with fresh vegetables, noodles & pine nuts £16.00

Chicken – Tender chicken in a coconut, sweet chilli & oyster sauce with fresh vegetables, noodles & coconut shavings £13.50

Prawn – King prawns in an oyster, soy & lime sauce with fresh vegetables, noodles & crispy broccoli £18.00

Oven Baked Haddock £16.00

Lemon & lime herb crusted haddock fillet with chargrilled aubergine, watercress pesto & fresh summer vegetables

Beef Fillet Thai Red Curry £15.50

Tender strips of fillet steak in chefs own Thai red curry. Served with basmati rice, fries or half 'n' half & prawn crackers.

Trio of Fish Risotto £15.00

Cod, salmon, smoked haddock, pea & spinach risotto topped with balsamic roasted cherry vine tomatoes

Sun Blushed Chicken & Prosciutto £13.50

Chicken breast wrapped in prosciutto with crushed new potatoes, creamy sun blushed tomato sauce & seasonal vegetables

10oz Sirloin Steak £21.00

Homemade chunky chips, onion rings & salad

8oz Fillet steak £25.00

Homemade chunky chips & a rocket, parmesan & tomato salad

Steaks served with either peppercorn sauce or red wine jus

Vegan & Vegetarian menu also available

For any allergen information please ask a member of staff

Children's Menu

Welsh pork sausages with mashed potato & gravy	£6.00
Macaroni & cheese	£5.50
Chicken nuggets	£5.50
Homemade lasagne	£7.00
Homemade fish pie	£7.00
4oz Fillet Steak	£12.50
Beef or breaded chicken burger	£7.00

For 50p each add cheese, bacon or onion rings

(All can be served with chips and peas, beans or vegetable battons)

Desserts

Homemade mango cheesecake with passion fruit compote	£6.50
Profiteroles with white chocolate & raspberry sauce	£6.00
Fresh sticky toffee pudding with butterscotch sauce & salted caramel ice cream	£6.50
Banana Split with a choice of ice cream & fresh cream	£6.00
Summer fruit Eton mess	£6.00
Selection of Welsh cheeseboard	£9.00
Ice Cream	£1.50 per scoop

Choice of vanilla, raspberry ripple, salted caramel, chocolate heaven, honeycomb or cookie dough

Vegetarian & Vegan Menu

Starters

Warm salad of bean sprout, chilli, carrot, pak choi & toasted mixed seeds with lemon dressing (V, Ve)	£6.00
Tempura battered vegetables with red onion relish (V, Ve)	£6.00
Goats cheese & beetroot salad with homemade honey & oat granola (V)	£7.00
Artichoke & sun blushed tomato tart with toasted walnut salad (V)	£6.50

Mains

Coconut & lime Goan curry packed with vegetables served with rice, mango chutney & a poppadum (V, Ve)	£11.50
Roast pepper stuffed with cannellini beans, red onion, garlic & spinach served on a bed of rocket, cherry tomatoes & spring onions with a balsamic glaze (V with cheese, Ve without)	£11.50
Cherry vine tomato, toasted almond & spinach risotto With seasonal summer vegetables (V, Ve)	£11.50
Halloumi & kidney bean burger served with a tomato & chilli jam, salad and fries (V)	£11.50
Roasted pine nuts, lemon, chilli & cherry tomato linguine (V, Ve)	£11.50

V - Vegetarian

Ve - Vegan