

To Start

Panko breaded Calamari with garlic Aoli	£7.00
Oven baked goat's cheese on croute with cranberry & apple chutney	£7.00
Warm salmon & leek tart on a cherry tomato & rocket salad	£7.00
Hot & spicy buffalo chicken wings with ranch dip	£6.50
Malibu & garlic tiger prawns with ribboned vegetable salad & lime dressing	£7.00
Blackened Cajun ham hock terrine with apricot chutney & toasted bread	£6.00
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	
Crab & King Prawn Linguine	£17.50
Bound in a light garlic butter with fresh spinach, cherry tomatoes & chilli	
Welsh Lamb Rump	£16.50
Melt in the mouth pan seared lamb rump with dauphinoise potatoes, pan tossed vegetables & wild mushrooms with a rich red wine jus	
Fish Pie	£14.00
Haddock, Cod & Salmon in a rich cream sauce topped with mashed potato, cheese & herb crust, with winter vegetables & warm crusty bread	

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

Roast Pine nut, Sweet Potato and Parmesan Risotto £11.50

Roast pine nut & sweet potato in a creamy risotto topped with parmesan cheese & parsnip crisp

10oz Pork Chop £14.50

Char-grilled Pork chop with bacon mashed potato, cider & mustard cream sauce, smoked apple compote & pan tossed vegetables

Beef Fillet Curry £15.50

Tender strips of fillet steak in chefs own madras spiced curry. Served with rice, fries or half 'n' half & a poppadum. Packs a punch!!

Jack Daniels Chicken £13.50

Chicken breast wrapped in bacon smothered in Bourbon BBQ sauce & melted cheese served with sweet potato fries & salad

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
Cod goujons	£5.50
Homemade lasagne	£7.00
Homemade fish pie	£7.00
4oz Fillet Steak	£12.50
4oz Beef burger	£6.50

For 50p each add cheese, bacon or onion rings

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

Desserts

Baked New York style cheesecake with fresh winter berry compote	£5.50
Profiteroles with white & dark chocolate sauce & whipped cream	£5.50
Fresh sticky toffee pudding with butterscotch sauce & salted caramel ice cream	£6.00
Banana Split with a choice of ice cream & fresh cream	£6.00
Cherry chocolate brownie with velvet chocolate & cherry sauce	£6.00
Ice Cream	£1.50 per scoop
Choice of vanilla, strawberry & clotted cream, blackcurrant & clotted cream, salted caramel, chocolate heaven & mint chocolate chip	

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 spiced apricot chutney (V, Ve)	£6.00
Goats cheese & beetroot salad with homemade honey & oat granola (V)	£7.00
Vegetable spring rolls with sweet chili Thai dipping sauce (contains oyster sauce)	£6.00

Mains

Roast pepper stuffed with cannellini beans, red onion, garlic & spinach served on a bed of rocket, cherry tomato's & spring onions with a balsamic glaze (V with cheese, Ve without)	£11.50
Coconut & lime Goan curry packed with vegetables served with rice, mango chutney & a poppadum (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