

## To Start

Sweet & Sour King Prawns with coconut rice	£8.50
Goat's Cheese Rarebit & Bacon jam or Red onion relish	£7.50
Hot & Spicy Buffalo Chicken wings with Ranch dip	£7.50
House Clam Chowder & Warm crusty bread	£7.00
BBQ Baby back ribs smothered in homemade bbq sauce	£8.00
Monkfish Scampi, Pea pure & potato crisps	£9.00

## Main Course

<b>The Fresh Burger</b>	£13.00
6oz beef burger, maple cured bacon, Monterey jack cheese, tomato jam & mixed leaf	
<b>Pan Seared Haddock</b>	£17.00
Haddock fillet, turmeric & coconut sauce, new potatoes, broccoli and ribboned veg	
<b>Crab &amp; King Prawn Linguine</b>	£19.00
Bound in a light garlic butter with fresh spinach, cherry tomatoes & chilli	
<b>Welsh Lamb Rump</b>	£16.00
Melt in the mouth Welsh lamb rump, black pudding potato cake, pan tossed veg & sweet onion gravy	

10oz Pork Chop £16.00

Char-grilled Pork Chop, creamy mash, chunky roast veg & a Maple mustard sauce

Fresh signature Curry £15.00

Your choice of Fillet Beef madras or Caribbean Chicken curry. Served with rice, fries or half 'n' half

Sun Blushed Chicken £14.00

Pancetta wrapped chicken breast, sun blushed tomato sauce, crushed new potatoes & pan tossed veg

10oz Rib-Eye Steak £21.00

Homemade chunky chips, & a rocket, parmesan & tomato salad

8oz Fillet steak £26.00

Homemade chunky chips & a rocket, parmesan & tomato salad

Steaks served with either peppercorn or blue cheese sauce

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	£7.00
Hidden Cauliflower & Chicken curry and rice	£7.00
Chicken nuggets, fries and peas	£6.00
Homemade bolognese	£7.00
4oz Fillet Steak, chips & salad	£13.00

## Homemade Desserts

Sticky toffee pudding with salted caramel ice cream salted caramel ice cream	£6.00
Chocolate brownie with velvety chocolate sauce	£6.00
Lemon Posset, orange & lime biscuit crumb with cream	£6.00
Ice Cream	£1.50 per scoop
Choice of Vanilla, Raspberry Ripple or Salted Caramel	

## Vegetarian & Vegan Menu

### Starters

Sweet & Sour vegetables with coconut rice (Ve)	£6.50
Goats cheese Welsh rarebit & red onion relish (V)	£7.50
Butternut Squash, chilli & coconut soup (Ve)	£6.00

### Mains

House Vegetarian Chilli Con Carne, with rice & fries (V, Ve)	£12.00
Coconut Penang Curry with Fresh vegetables, rice & poppadum (V)	£12.00
Chunky Roast vegetables, new potatoes, wilted spinach & sun blushed tomato cream sauce (V)	£12.00

V - Vegetarian

Ve - Vegan