

To Start

Harissa spiced Tiger prawns, coconut rice & stir fried veg	£8.00
Goats cheese parfait, sundried tomato jam & toasted focaccia	£7.50
Pan seared Cod, roast garlic pure, Thai green ketchup, pak choi & crispy shallots	£8.50
Hot & spicy Buffalo Chicken wings with house ranch dip	£7.50
Sticky crispy Belly pork, Asian salad and sesame	£7.50
Cumin roast Chickpea & quinoa bruschetta with sweet lime dressing	£6.50

Main Course

The Fresh Cheese & Bacon Burger	£13.00
Homemade beef burger with Monterey jack cheese, maple bacon, burger sauce, mixed leaf & fries	
The Fresh Chicken Burger	£13.00
Homemade lemon & pepper chicken burger, ranch sauce, mixed leaf & fries	
Crab & King Prawn Linguine	£19.00
Bound in a light garlic butter with fresh spinach, cherry tomatoes & chilli	
Welsh Lamb Rump	£16.50
Melt in the mouth lamb rump with roast new potatoes, minted broad beans and cabbage & a rich madeira sauce	

Gnocchi £13.00

Potato Gnocchi, roast aubergine, fresh pesto, red peppers, rocket & pumpkin seeds

Pan Seared Hake £17.50

Fillet of Hake, sweet potato boulangerie, pan tossed veg & chorizo and tomato sauce

Fresh signature Curry £15.00

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

Char Grilled Chicken £14.00

Chicken breast, roast summer veg, creamed corn & sweet red pepper sauce

Chunky Vegan Chilli £13.00

Lentil & Chunky veg chilli con carne. Served with rice, fries or half 'n' half

10oz Rib-Eye Steak £21.00

Homemade chunky chips, rocket, parmesan & tomato salad

8oz Fillet steak £27.00

Homemade chunky chips, rocket, parmesan & tomato salad

Steaks served with either peppercorn or blue cheeses sauce

Children's Menu

Macaroni & cheese	£7.00
Chicken nuggets or fish goujons, fries & peas	£7.00
Spaghetti Bolognese	£7.00
4oz Fillet Steak	£12.50

Desserts

Lime & Raspberry Posit & Lime shortbread	£6.00
Fresh Chocolate Brownie & Vanilla ice cream	£6.00
Sticky Toffee Pudding & Salted Caramel ice cream	£6.00
Ice Cream	£1.50 per scoop
Choice of vanilla, raspberry ripple, salted caramel & chocolate heaven	

For any allergen information please ask a member of staff.