



## LUNCH MENU / BWYDLEN CINIO

Available Monday - Sunday between 11am - 5pm

### STARTERS / CYCHWYNOL

**Thomas Bread Basket 5**  
Selection of Homemade Bread, Olives, Olive Oil,  
Balsamic Vinegar, Sundried Tomato Butter

**Anglesey Eggs 6**  
Blaenafon Cheddar & Leek Sauce,  
Herb Crumb, Grilled Homemade Sourdough (v)

**Crispy Squid 7**  
Spicy Mayonnaise, Lemon

**Welsh Onion Soup 5.5**  
Welsh Rarebit Croutons,  
Homemade Crusty Bread (v)

**Soup of the Day 5.5**  
Homemade Crusty Bread  
(v) (vg) (gf on request)

**Avocado on Toast 6.5**  
Crushed Avocado, Poached Eggs,  
Toasted Homemade Sourdough (v)

### SALADS / PRYDAU YSGAIN

**Classic Chicken Caesar 10**

**Classic Caesar (v) 7**

**Sweetcorn  
Black Bean & Spinach Salad (v) (vg) (gf) 8**

**Warm Harissa Aubergine  
Courgette & Cous Cous Salad (v) (vg) 7**

**Grilled Tuna Steak Nicoise Salad 14**  
New Potatoes, Green Beans, Egg,  
Baby Gem Lettuce, Cherry Tomatoes, Olives (gf)

Add On:  
**Chicken 3**  
**Poached Egg 2 (v)**  
**Feta Cheese 2 (v)**

### LITE BITES / BITES BACH

**Classic Club Sandwich 8**  
Chicken, Bacon, Tomatoes, Mayonnaise,  
Toasted Bread (gf on request)

**Cream Cheese & Smoked Salmon Bagel 7**

**Sandwiches 6.5**  
Served on White, Brown or  
Gluten Free Bread or Wrap, Side Salad,  
Crisps with your choice of filling:  
**Cheese & Pickle (v)**  
**Egg Mayonnaise (v)**  
**Ham & Mustard**  
**Tuna & Cucumber**

**Panini 7.5**  
Side Salad, Crisps with your choice of filling:  
**Tuna & Red Onion**  
**Salami & Cheese**  
**Sun Blush Tomato, Mozzarella & Pesto (v)**  
**Pancetta, Avocado & Feta Cheese**

### MAINS / PRIF GWRS

**21 Day Aged Celtic Pride 16**  
**8oz Rump Steak (gf)**

Our steaks are served with Heirloom Tomatoes,  
Roast Red Onion, French Fries  
and your choice of Sauce or Butter

**Sauce:** Peppercorn, Stilton,  
Mushroom or Red Wine Sauce

**Butter:** Sun Blushed Tomato or Garlic

**Celtic Pride Steak Burger 12**  
Bacon, Pickle, Smoked Mayonnaise  
on Brioche Bun, French Fries  
Add your choice of Monterey Jack  
or Perl Las Blue Cheese

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### MAINS / PRIF GWRS (continued)

#### Southern Fried Chicken Burger 12

Topped with Slaw, BBQ Sauce,  
Cheese in a Ciabatta, French Fries

#### Welsh Cawl 11

Lamb Stew, Caerfai Cheddar,  
Crusty Bread (gf on request)

#### Catch of the Day Fish 'n' Chips 13

Homemade Tartare Sauce, Thick Cut Chips,  
Choice of Peas, Lemon (gf on request)

#### Spicy Lentil & Chickpea Stew 13

(v) (vg) (gf)

#### Butternut Squash & Sage Risotto 10

Pickled Girolles (v) (gf)

### SIDES

French Fries (v) (vg) 3

Thick Cut Chips (v) (vg) 3

Sweet Potato fries (v) (vg) 4

Sautéed Mushrooms (v) 3

Creamed Leeks, Parmesan (v) 3

Butternut Squash (v) (vg) 3

Buttermilk & Smoked Cheese Mash (v) 3

Parsnip & Parmesan Goujons (v) 3

Green Pancakes (v) 3

Mixed Salad (v) (vg) 3

Garlic Bread (v) 3

Garlic Bread with Cheese (v) 4

### DESSERTS / PWDIN

#### Homemade Ginger 6

& Lime Sticky Toffee Pudding  
Custard, Cream or Ice Cream (v)

#### Local & Continental Cheese Board 7

Oat Cakes, Truffle Honey, Chutney  
and Membrillo (v) (gf on request)

#### Homemade Raspberry 6 and White Chocolate Cheesecake

Raspberry & Basil Sorbet (v)

#### Homemade Monmouth Pudding 5

Vanilla Ice Cream (v)

#### Celtic Raspberry Wine Poached Pear 6

Fresh Honeycomb, Honeycomb Ice Cream  
(v) (gf on request)

#### Ice Cream (v) and Sorbet Selection 2

(v) (gf on request) / 2 per scoop

#### Homemade Macaroons (v) 5

All of our dishes are  
homemade on site. We use  
local and fresh produce to give  
you a true Taste of Wales.