



**Lunch – Wednesday- Saturday 12-4pm 2 courses @ £17.95 – 3 courses @ £21.95**  
**Evening 4-9pm & Sunday 12-8pm 2 courses @ £22.95 – 3 courses @ £26.95**

## **GLUTEN FREE MENU**

### **Pre-Starters to share...**

Marinated olives **£3.95**

### **Starters...**

Chef's homemade soup of the day served with gluten free bread (v) (check with server)

Grilled Welsh goats cheese served on peppery rocket leaves with sticky chilli jam (v)

Asparagus spears, soft poached egg, parmesan shavings, balsamic reduction & tomato concasse (v)

Creamy field mushrooms with garlic & thyme served on gluten free toast & spring onion (v)

Deep fried chicken wings tossed in a spicy buffalo sauce with celery pencils sour cream dip

Smooth Brussels pate with salad leaves, caramelised onion and toasted gluten free bread

Homemade chilli con carne topped with cheddar cheese, sour cream, spring onion & tortilla chips

North Atlantic prawns in Marie rose sauce on Highland smoked salmon, lemon & gluten free bread

Warm potted Morecambe bay shrimps served in spiced butter with lemon and toasted gluten free bread (add £4.50)

Wok fried tiger prawns and spicy chorizo served in sweet chilli sauce with toasted gluten free bread (add £4.50)

### **Mains...**

Chargrilled 10oz prime 28-day aged sirloin steak cooked to your liking served with fries, chunky chips, confit tomato & a choice of au poivre, garlic butter or creamy blue cheese (add £6.50)

Chargrilled 8oz grass-fed, 28-day aged Welsh fillet steak chargrilled to your liking served with fries, confit tomato & a choice of au poivre, garlic butter or creamy blue cheese (add £8.50)

Homemade spicy 3 bean chilli with melted cheddar cheese, sour cream, spring onion, fresh chillies served with steamed white rice (v)

Halloumi & cashew nut stir fry with white rice, sweet chilli sauce, chillies, spring onion & julienne of veg (v)

10oz grilled bacon chop with creamed mashed potatoes, green beans, shallots & au poivre sauce

Chargrilled Cajun chicken breast topped with cheddar cheese & sour cream served with fries and salad leaves

Pan fried sea bass fillet served on creamed mashed potatoes with spinach & a white wine, bacon, dill cream sauce.

Steak frites, tender 5oz flattened sirloin steak flash grilled served pink with fries & rocket leaf salad  
(add a sauce £1.95– Garlic Butter or Peppercorn or Creamy blue cheese sauce)

Slow roasted baby back ribs, fall off the bone, in a tangy BBQ sauce served with shoe string fries

Smoked haddock served on creamed mashed potato, asparagus spears, hollandaise sauce with soft poached egg

Sticky pork stir fry with sizzled ginger, chilli and spring onion in sweet chilli sauce with white rice

### **Side orders £3.95...**

Hand cut chips ~ Fries ~ Deli style coleslaw ~ Green beans, shallots & parmesan ~ Asparagus spears in garlic butter  
~House salad ~Mixed seasonal vegetables ~ Honey roasted parsnips



## Desserts...

Banoffee mess, crushed meringue, banana, toffee sauce & fudge pieces mixed together with fresh whipped cream

Classic crème brulee, caramelised to order served with fresh fruit

Warm indulgent gluten free Alabama chocolate fudge cake served with whipped cream

Fruit mess, crushed meringue, fruits of the forests and raspberry coulis mixed together with fresh whipped cream

Ice cream, choose two scoops - vanilla, salted caramel, strawberry or chocolate.

Cheese board, cheddar, stilton and brie served with gluten free crackers, grapes and chutney (add £3.50)

## Coffee...

Americano, served black or with hot milk. Regular @ £3.00 Large @ £3.50

Cappuccino. Regular @ £3.25 Large @ £3.75

Caffe Latte @ £3.75

Flat white @ £3.25

Espresso @ £2.50

Hot chocolate, with cream @ £3.75

Liqueur coffee, choose your favourite liqueur served with coffee and whipped cream @ £6.50

Tea, choose from breakfast, mint, earl grey or fruit @ £2.75

Iced coffee @ £3.50 Add syrup @ 50p Vanilla, Caramel, Hazelnut

## Drinks...

### Beer and cider by the bottle

Bitter	£4.60		
Peroni gluten free	£4.25	Guinness Draught Surger	£4.60
Brewdog Punk IPA	£4.25	Corona	£3.95
Becks Blue (0.05%)	£2.80	Old mout kiwi and lime	£4.85
Kopparberg Naked Apple	£4.85	Old mout berries and cherries	£4.85

### Soft Drinks

J2O (a choice of flavours), Appletiser @ £3.25

Coke, Diet coke, Lemonade @ £2.95 Large @ £3.60

Ginger ale, Bitter lemon, @ £2.05

Glass soda water @ £1.05 Large @ £2.00

Orange Juice, Apple juice, Cranberry juice, Pineapple juice £2.95

Cordials – Blackcurrant, Lime, Orange 35p

Radnor Hills Still & Sparkling Water 750ml @ £3.95 330ml @ £2.50

Schweppes tonic 125ml, Schweppes slimline tonic 125ml @ £2.05

Fever tree tonic 200ml, Fever Tree light tonic 200ml, Fever tree elderflower 200ml

Fever tree aromatic 200ml, Fever tree Mediterranean 200ml, Fever tree Ginger beer 200ml @ £2.95

Please ask a member of staff for our wine and cocktail list