

Lunch menu

Bwydlen Amser Cinio

Starters/Cwrs Cyntaf

Leek and parsnip soup

topped with a honey and lemon crème fraîche

Cockle and laver bread fishcake

topped with a fried quails egg on a crispy bacon and mushroom salad

Welsh rarebit and smoked chicken bruschetta

with homemade piccalilli

Main Course/Prif Gwrs

Pan fried medallions of beef

with an oxtail croquette, winter root vegetables and a garlic and thyme jus

Beetroot and cinnamon infused salmon

on a horseradish fondant potato, roasted onion purée and glazed carrots

Breast of chicken wrapped in cabbage and bacon

on a casserole of braised puy lentils and baby potatoes with a roasted tomato jus

Woodland mushroom and vegetable loaf

with a chick pea and mixed beans stew

Dessert/Pwdin

Steamed jam sponge pudding

with a rum and raisin ice cream

Treacle tart

with a lemon custard

Selection of award winning locally made Mario's ice cream and sorbets

Selection of Carmarthenshire cheese and biscuits

1 Course **£9.50**

2 Courses **£11.50**

3 Courses **£13.50**

A TASTE OF WHAT'S ON YOUR DOORSTEP...

Sampnires

