



Lunch menu

Bwydlen Amser Cinio

Starters

Cwrs Cyntaf

Traditional beef cawl with organic 'Perl Wen' cheese

Black mountain smoked salmon with homemade bread and olives

Glamorgan sausage with a red onion marmalade

Chicken liver pate with a plum and mint chutney

Main Course

Prif Gwrs

Char grilled 8oz Celtic Pride rib eye steak with chips, homemade onion rings and peppercorn sauce

Today's roast with traditional accompaniments

Fillet of cod in a Towy ale batter with chips, peas and homemade tartare sauce

Baked ham glazed with Welsh red mustard and honey with local potatoes, garden peas and parsley sauce

Butterfly breast of chicken cooked in a rich garlic and herb butter with chips and mixed leaf salad

Moroccan tagine, slow cooked spicy casserole with honey, dates and fresh herbs served with your choice of beef, chicken, Gower salt marsh Lamb or roasted vegetables, served with cous cous

Asparagus and leek quiche with green salad and wedges

Desserts

Pwdin

Hot desserts

Sticky toffee pudding

Jam roly poly

Homemade crumble

Served with a choice of cream, custard or 'Marios' ice cream

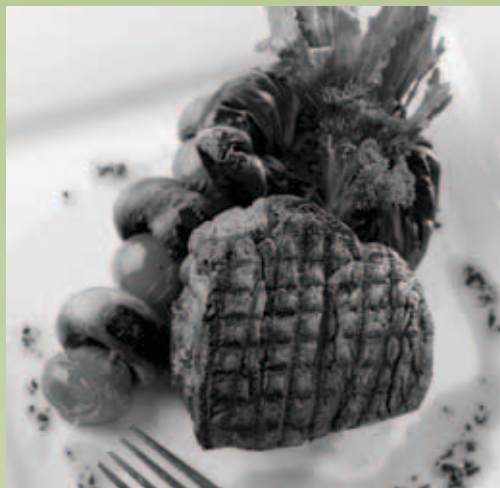
Lemon and lime posset

Selection of 'Marios' ice cream and sorbet

1 Course £8.95

2 Course £10.95

3 Course £12.95



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