



BISTRO SPRING 2017

STARTERS

SOUP OF THE DAY: - always veggie, always gluten free... 4.95 (v. please ask for gf bread)

COURGETTE AND FETA FRITTERS: - served with humus and fattoush (cucumber, radish, red onion and tomato salad)... 5.95/ 8.95 (v, gf)

SLOW ROASTED PORK BELLY: - melting Montgomeryshire hog belly slow roasted served with radicchio, balsamic & hazelnuts... 6.95/13.50 (gf, df)

STILTON MUSHROOM CROSTINI: - sautéed button mushrooms in a Stilton, cream & parsley sauce on garlic croutons... 5.75 (v, gf on request)

PATE DE CAMPAGNE: - with homemade soda bread, dressed leaves and rhubarb chutney... 6.25

DEEP FRIED PANKO CRUMBED CALAMARI: - with lemon & garlic mayonnaise and dressed salad... 6.95/10.50

Starters / selected dishes can be offered as a main course.

MAIN COURSES

CHICKEN AND CHORIZO SOFRITO: - sautéed chicken breast & peppers in a cream, paprika, chorizo & tomato sauce... 16.50(gf)

PULLED MOROCCAN LAMB: - middle Eastern spiced slow roasted Montgomeryshire lamb shoulder, pulled & blended with fresh flat leaf parsley & a touch of harissa served with Labneh, pomegranate seeds & couscous... 18.95

PORC AUX CHAMPIGNON: - pan seared pork fillet served in a mushroom, cream, sherry and wholegrain mustard sauce... 17.50(gf)

GRILLED SEA BASS: - with gruyere dauphinoise, char grilled spring onion and fresh herb crumble... 17.95

ROAST SUPREME OF SALMON: - with toasted almonds, horseradish crème fraiche, beetroot chutney & salsa verde... 15.95 (gf)

RISSOTO PRIMAVERA: - spring green vegetables, leaves & herbs cooked, wilted & stirred into creamy risotto finished with grated parmesan & extra virgin olive oil served with dressed salad... 11.50

Main courses are served with a choice of crispy potatoes or fries, seasonal vegetables or dressed continental salad.

SIDES AND ADD ONS

SHOESTRING FRIES...2.95, CHUNKY CHIPS...2.95, SWEET POTATO FRIES...3.00

DRESSED CONTINENTAL SALAD...3.50 BREAD AND OLIVES...4.50, BREAD BOARD...1.50 PER PERSON, SEASONAL VEGETABLES...3.95, GARLIC LOAF...3.50+ MOZZARELLA...3.95



BURGERS, STEAKS, SALADS AND CLASSICS

BISTRO BURGER: - 8oz of ground Montgomeryshire beef served in a toasted bun with salad, crispy bacon, mozzarella cheese, sun-blush tomato & basil mayonnaise served with fries & salad... 11.95 (vegetarian burger available)

FISH & CHIPS: - deep fried cod in Monty's beer batter served with chunky chips, homemade tartare sauce & mushy peas... 11.95

LAMB CAWL: - traditional lamb stew with potato, carrot, parsnip and swede served with seasonal vegetables & homemade soda bread... 11.95

SPICED IRANIAN VEGETABLE STEW: - a stew of beans, chilli, aubergine, olives & potatoes served with fried egg, salad & flatbread... 10.50 (v, gf on request)

DRAGON SAUSAGE AND FRITES: - a handmade sausage of 70% pork, peppery leeks & a kick of chilli served with fries, salad and mayo... 11.50

MOULE FRITES: - steamed mussels in a white wine, garlic & cream sauce served with fries... 13.95

STEAK: - garlic & peppered steak feathered onto a dressed seasonal salad with sun blush tomatoes, olives, basil oil & parmesan shavings with bread and oil... 15.95

CLASSIC CHICKEN CAESAR SALAD: - mixed leaves bound in homemade dressing of anchovies, lemon juice, parmesan cheese & olive oil topped with croutons, sautéed chicken & crispy bacon with bread and oil... 11.50

GRECIAN: - lettuce, red onions, tomatoes & cucumber in an olive oil & balsamic dressing topped with falafel, olives humus & feta cheese with bread and oil... 10.50 (v)

SPICED FISHCAKE: - cod, salmon & other goodies are packed into this lightly spiced cake of fishiness served on a dressed salad with tartare sauce & lemon wedges with bread and oil... 10.95

STEAK FRITES: Montgomeryshire Welsh Black steaks and Montgomeryshire Gammon served with French fries, and continental salad

8oz SIRLOIN and Garlic butter... 17.95,

8oz RUMP and Garlic butter... 15.95,

10oz Gammon steak with egg and pineapple... 13.50

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PASTAS

PORK AND PESTO LASAGNE: - pork and pesto ragù layered with fresh egg pasta topped with béchamel sauce and mozzarella served with dressed salad... 11.50

All sauces served on fresh egg tagliatelle (gf pasta available on request)

CARBONARAS: - **CHICKEN...** 10.50 **SMOKED BACON...** 10.25 **MUSHROOM...** 9.95 (v)
2IN1.... 10.95 3IN1... 11.50

MUSSEL PUTTANESCA: - mussels cooked with tomato, chilli & anchovies topped with Kalamata olives & capers... 12.50

CHICKEN CACCIATORE: - sautéed breast and thigh of chicken cooked in a red wine, smoked bacon, tomato & mushroom sauce flavoured with garlic & fresh herbs... 16.95 (gf)

FRIED AUBERGINE AND TOMATO: - topped with spinach, walnut & feta pesto... 10.25 (v)

***Meat traceability** –Pork, gammon, bacon and sausage from Neuadd Fach Llandinam, steaks, lamb and beef from Morwens of Forden (4 miles) Rikki Lloyd and local markets – Welshpool (7 miles).*

EARLY BIRD OFFERS – If ordering off classics or pasta menu between 5.45 and 6.45 then 20% discount applies on all main course dishes.

CHILDREN'S CHOICES - If you would like children's portions or alternative choices for children – Please ask and we will try and accommodate you

The majority of our food is cooked freshly to order, as a result of this, at peak periods of service, you may experience a slightly longer wait than you feel is reasonable for your food. Whilst we try very hard to expedite every order as quickly as possible there are always circumstances that hinder or hold up the smooth running of service. So while we endeavour to provide a first class service please be patient or ask advice from staff for faster food options.

Please note that we cannot guarantee our fryers are gluten free.

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