



LUNCH AND EVENING MENUS

Served Monday to Saturday, from 11:30am to 3:00pm and 5:45 pm to 9:00pm

STARTERS

Choose as a starter or few to share as a mezze.
Starters can be converted into a main course with extra size portions, with salads or fries.

Soup of the Day £4.95

Always vegetarian. Always gluten-free.
Please ask for gluten-free bread. ❶

Rare Steak, Beetroot £7.50/£13.95

Pickle and Salsa Verde
(main with salad and flatbread) ❸ ❹

Smoked Salmon, Pea £6.95/£12.95

Shoots, Tzatziki and Flatbread
(main with salad and sweet potato fries)

Dukkah, Hummus, Feta £4.50

Crumble and Pitta ❶

Goat's Cheese and Chilli £5.50/£10.95

Jam Pizzette (main with salad and fries) ❶

Tomato Fondue Bruschetta £5.75

with poached egg. *Gluten-free toast if required.* ❶

Pulled Lamb, Feta and £6.95/£12.50

Baba Ghanoush (main with pitta and salad). *Gluten-free bread if required.* ❸ (❹ without Feta)

Panko-Crumbed Calamari £7.50/£13.95

with garlic and lemon mayo shredded iceberg (main with salad and fries) ❹

❶ Vegetarian ❸ Gluten-free ❹ Dairy-free

BAR CLASSICS AND MAINS

10oz Horseshoe Gammon £13.50

Griddled pineapple, fried free-range egg, French fries and salad. ❸ ❹

Fish and Chips £12.95

Deep fried cod in Monty's beer batter; served with chunky chips, homemade tartare sauce and mushy peas. ❹

Cross-border Burger £11.95

(*Gluten-free bun available on request*)
Welsh beef and Shropshire Blue cheese. 8oz of ground Montgomeryshire beef, in a toasted bun with lettuce, tomato, crispy bacon, Shropshire Blue mayonnaise and caramelised onions. Served with French fries and salad.

Lasagne Bolognese £11.95

Traditional beef ragù, layered with fresh egg pasta; topped with béchamel sauce and mozzarella. Served with dressed salad or fries.

Chicken Forestière £11.50

Spaghetti, sautéed chicken, smoked bacon, onions and mushrooms in a tomato, white wine and herb gravy. ❹

Duck and Dauphinoise £14.95

with wilted greens and blackberry sauce. ❸

10oz Montgomeryshire £19.95

Sirloin Steak in red wine and mushroom sauce, French fries and fine beans. ❸



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LUNCH AND EVENING MENUS CONTINUED

VEGETARIAN

- Butternut Squash and Quinoa Burger** in a toasted sourdough bun with mayo, lettuce, pickle, mushrooms and mozzarella. Served with French fries and salad. **V** £11.95
- Pearl Barley, Chilli and Roast Pepper Risotto**, topped with toasted pine nuts and Mascarpone. **V** (*Vegan and dairy-free without Mascarpone.*) £11.50
- Red Lentil and Aubergine Moussaka** with Greek salad, hummus and warm pitta. **V** (*Vegan and dairy-free without Feta.*) £11.95
- Pasta Lanagan** Sautéed aubergines, onions and peppers, with Kalamata olives, chilli and tomato sauce topped with feta cheese and basil oil. **V** (**G** *with GF pasta.*) (*Vegan without Feta.*) £11.25

SIDE ORDERS

Available with all starters and main courses.

- Chunky Chips £3.00
French Fries £3.00
Sweet Potato Fries £3.95
Crispy potatoes and Perl Las £3.95
Dauphinoise Potatoes £3.95
Champ Mash £3.95
Dressed Continental Salad £3.95
Seasonal Vegetables £3.95
Bread and Olives £4.50
Coriander and Dukkah £4.50
Hummus with warm pitta £4.50
Baguette, extra-virgin olive oil, aged balsamic (*per person*) £1.50
Garlic Loaf £3.50
Garlic Loaf with Mozzarella £3.95

V Vegetarian **G** Gluten-free **D** Dairy-free

PRIX FIXE MENU

Our Prix Fixe Menu is also available most days of the week – see separate menu.

EARLY BIRD OFFERS

20% discount on main meals ordered between 5.45pm and 6.45pm.



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LUNCH ONLY

PANINI WRAP OR TOASTED SANDWICH

**Dragon Sausage, Tomato
Fondue and Perl Las** £7.95

Rare Steak and Beetroot £9.95

**Pulled Lamb, Feta and
Baba Ghanoush** £8.95

Goat's Cheese and Chilli Jam £7.95

Smoked Salmon and Cream Cheese £7.95

Other Sandwiches £5.95

(including simpler choices) are available,
subject to time and ingredients. Please ask.

EVENING ONLY

MAIN COURSES

**Pan-Roasted Rump of
Montgomeryshire Lamb** £17.95

'Kleftiko' style, with crushed potatoes
and roasted garlic lemon and rosemary,
charred hispi cabbage and salsa Verde.

Pan-seared Collops of £16.95

Monkfish with cherry tomato salsa,
pea purée and black pudding croutons,
sweet potato fries and vegetables.

(**G D** without black pudding)

SIX-COURSE TASTER MENU

Friday and Saturday Evenings £38.00

This combines various dishes off the
Main Menu and Prix Fixe Menu, to
make a very special evening for a group
of friends or family.

*Available on other nights of the week for groups
of four people or more, by prior arrangement.*

V Vegetarian **G** Gluten-free **D** Dairy-free

NOTES

Locally-sourced meat: The pork, gammon,
bacon and sausage we use come from Neuadd Fach,
Llandinam. Our steak, lamb and beef comes from
Morwens of Forden (4 miles).

Intolerances and allergies: We can accommodate
food intolerances and allergies, providing these are
mentioned at the time of booking or at point of order.

Salad garnishes and side dishes may contain nuts and
seeds. Please advise a member of staff of any allergies.

The majority of our food is freshly-cooked to order.
As a result, during very busy periods, you may
experience slightly longer waiting times than usual.
At these times, we still work very hard to ensure that
every order arrives at your table as quickly as possible.
Please bear with us, or ask our staff to advise about
food choices which take less time to prepare.

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



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TASTER MENU

£38 per head

Available Fridays and Saturdays only or by prior arrangement for tables of 4 or more.

*Please note: All diners in the party/table have to have the taster menu.
It cannot be chosen by individual diners only.*

Diners must arrive by 6.30 to make their choices ready to be seated at 7.00 prompt.

Please choose one option from each of the following courses.

FIRST COURSE

Soup of the Day

Always vegetarian. Always gluten-free.

Please ask for gluten-free bread. ♡

SECOND COURSE

Rare Steak, Beetroot Pickle and Salsa Verde

Dukkah, Hummus, Feta Crumble and Pitta ♡

Panko-Crumbed Calamari with garlic and lemon mayo shredded iceberg salad.

Pulled Lamb, Feta and Baba Ghanoush

THIRD COURSE

Goat's Cheese and Chilli Jam Pizzette

Smoked Salmon, Pea Shoots, Tzatziki and Flatbread

Chicken Forestière with fresh egg tagliatelle.

Pearl Barley, Chilli and Roast Pepper Risotto with toasted pine nuts and mascarpone.

FOURTH COURSE

Lamb Rump Kleftiko with charred hispi cabbage and salsa verde.

Sirloin Steak Borderlaise with French fries and fine beans (£3 supplement).

Confit Duck and Dauphinoise Potato with wilted greens and blackberry sauce.

Monkfish, Pea Puree and Black Pudding (optional), **Champ Potatoes.**

Red Lentil and Aubergine Moussaka with Greek salad, hummus and warm pitta.

FIFTH COURSE

A selection from the dessert menu

SIXTH COURSE

Small Cheese Plate

Three artisan cheeses from Wales and the Borders with accompaniments.

or

Coffee and Petit-Fours



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DESSERTS

See the board for our daily specials

CLASSICS

Ice Creams and Sorbets *per scoop* £1.50
See overleaf for our range of flavours.

Affogato £2.95
An espresso served with a scoop of plain ice cream. **V** **G**

Tiramisu £4.50
A little pick-me-up in a cup. Booze- and coffee-soaked sponge with mascarpone and vanilla cream.

Sticky Toffee Pudding £5.95
with toffee sauce and ice cream. **V**

Monty Mess £5.95
Meringue and cream with a twist.

Warm Chocolate Brownie **V** £5.95

Cheesecake £5.95
Flavours vary from day to day, so please ask.

On the Lighter Side ... £5.95
Chef's choice of fruit posset, fool, mousse or panna cotta of the day. Please ask for details

Artisan Cheeseboard £7.95
Cheese and cracker selection, chutney, celery and grapes. **V**
(Why not add a Port for £3.00?)

DESSERT WINES

Muscadet *125ml Glass* - **Bottle** *full* £30.00

Flavours of chocolate and raisins. Smooth and sweet, with a fresh, dry finish.

Chateau La Fage £5.00 *half* £19.00
Brimming with ripe botrytised fruit. Complex and intense.

Botrytis Semillon £6.00 *half* £24.00
Notes of citrus and marmalade on the nose with a gentle nutty character.

LIQUEURS

Our range of spirits and liqueurs includes:

Hennessy £3.50 Tia Maria £3.00 Port £3.00
Baileys £3.00 Cointreau £3.00

We also have an extensive range of whiskys, whiskeys and gins. Please ask for details.

HOT DRINKS

Try a liqueur coffee, such as Irish Coffee at £5.50, or with a liqueur of your choice.

A selection of teas and coffees, or hot chocolate, are also available. Please ask for details.

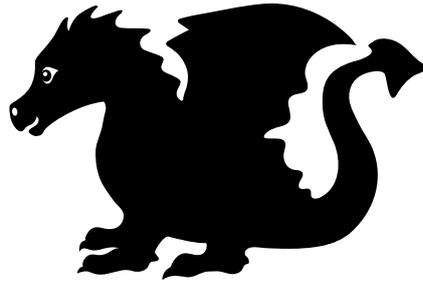


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FOR LITTLE DRAGONS

All £7.50



Home-made Cod Fish Finger Sandwich
with French fries and beans.

Spaghetti and Bacon (or no Bacon) in Tomato Sauce
with stretchy mozzarella and garlic slice.

Grilled Pork (or Quorn™) Sausage
with champ mash, carrots and gravy.

Pan-fried Chicken Breast
with sweet potato fries, lettuce, cucumber and tomato.

Dishes from the main menu can also be ordered in smaller sizes for children.

ICE CREAMS AND SORBET FLAVOURS

£1.50 per scoop

All supplied by Dairy Dreams, a local dairy farm. Their ice cream is made on the farm using fresh milk from their own herd. They use fresh double cream and, where possible all high-quality ingredients are natural. In addition to ice cream, they also make fruit sorbets, a refreshing and possibly healthier alternative to ice cream.

Ice Creams

Plain • Chocolate
Salty Toffee • Tiramisù
Peanut Butter

White Chocolate and
Raspberry Ripple
Ginger

Sorbets

Lemon
Elderflower
Mango



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BREAKFAST MENU

GOOD MORNING

A full breakfast buffet is available. Please help yourself to the following:
Fruit juice • Fruit salad • Cereals • Yogurts • Toast (G available) & Pastries
Freshly brewed tea and coffee.

FROM THE HOTPLATE

Sausage, Bacon, Black Pudding, Grilled tomato, Hash brown, Fried bread (G available), Mushrooms, Baked beans & Scrambled egg (fried, boiled or poached on request).

ON REQUEST

Please ask our waiting-on staff if you would prefer assistance or would like to choose:

Full vegetarian breakfast.

Kippers, served with lemon, butter & parsley G.

Porridge, served with honey V G (Contains Oats).

If there is anything else you require, please ask and we will try our best to accommodate you. Please note, however, there may be a wait if we are busy.

Please ask for information regarding allergens and note that we cannot guarantee our fryers are gluten free.

V Vegetarian G Gluten-free D Dairy-free



SPRING 2019



PARTY MENU

For parties of ten or more (Pre-order required) • Two courses £18.95

Desserts available from £5.95 to order on the evening.

STARTERS

Soup of the Day ♡ ☉

Always fresh, always vegetarian,
always gluten free.

(Please request gluten free bread)

Falafel Mezze Platter

Falafel, hummus, marinated vegetables,
sun-blush tomatoes and artichoke.

Salami Antipasti

Salami, mozzarella, marinated vegetables,
sun-blush tomatoes and artichoke.

Carrot and Feta Fritters ♡ ☉

Served with yoghurt, chilli and sumac dip

Please note our payment terms:

We do not accept separate payments for parties,
but the combined bill will be fully itemised.

Individual drinks orders will be added to the
main account.

Service is not added or included and all gratuities
go directly to the staff.

MAIN COURSES

Coq au Vin ☉

Slow-cooked chicken with smoked bacon,
red wine, silverskin onions, button
mushrooms, garlic and herbs. Served with
French fries and vegetables.

10oz Horseshoe Gammon ☉ ☉

Served with egg and pineapple, French
fries and salad.

Salmon Curry ☉ ☉

Supreme of Salmon, curried coconut
cream, chickpeas and coriander,
Bombay aloo and chilli yoghurt.

Red Lentil and Aubergine Moussaka ♡

Served with Greek salad, hummus and warm
pitta. *(Vegan without Feta)*

Pasta Lanagan ♡

Sautéed aubergines, onions and peppers,
with Kalamata olives, chilli and tomato
sauce; topped with feta cheese and basil oil.

♡ Vegetarian ☉ Gluten-free ☉ Dairy-free

All main courses served with roast Mediterranean vegetables, salad, fries and new potatoes.

Salad garnishes and side dishes may contain nuts and seeds. Please advise a team member of any allergies.

We can accommodate food intolerances and allergies, providing that these are mentioned at time of booking.



MEZZE

(SAMPLE MENU)

Served Thursday, Friday and Saturday from 6.00pm to 9.00pm.

Booking essential • £18 per head • For parties of 10 or more.

Mezze is more a style of eating than a repertoire of specific dishes. Mezze is an assortment of small dishes served all at once. The word “mezze” means “taste” and /or “snack.” Mezze is a big part of the dining experience in Eastern Mediterranean, Middle Eastern, and Arab countries. The concept is very similar to the tapas of Spain but with a Middle Eastern twist. A delicious feast using Turkish, Lebanese and Greek influences. It’s a really fun, informal way to eat. So while we have prepared this sample menu, we do encourage you to just tell us what you don’t like and let us prepare a bespoke feast for you and your party.

ON ARRIVAL

Olives, Pitta Bread ♻️

STARTER

Salami and Mozzarella

Garlic mushroom Crostini

Falafel and Hummus

Calamari Deep Fried Squid with Lemon and Garlic Mayonnaise.

MAIN COURSE

Lemon and Garlic Chicken with Tzatziki

Grilled Cod with pine nuts, chilli and rosemary

Tortilla Española Traditional Potato and Onion Omelette ♻️ Ⓞ

Pork Sorrentino Pan-fried pork fillet with mozzarella cheese, sun-blush tomatoes, a cream and tomato sauce and basil oil.

All served with Greek Salad, Pasta Arrabiatta, Sweet Potato Fries and Roasted Vegetables.

♻️ Vegetarian Ⓞ Gluten-free

Other options can be available on request. Notice must be given prior to arrival. Desserts available from evening menu at additional cost.

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We do not accept separate payments for parties, but the combined bill will be fully itemised.

Individual drinks orders will be added to the main account.

Service is not added or included and all gratuities go directly to the staff.