



## STARTERS

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

<b>Soup of the Day</b> ♡	£5.95
<i>Always vegetarian. Always gluten-free. Please ask for gluten-free bread.</i>	
<b>Bread and Olives</b> 🌱	£4.50
<b>Bread, EVOO, Aged Balsamic</b> (per person) 🌱	£1.50
<b>Dukkah, Hummus, Feta Crumble and Pitta</b> ♡ or 🌱 (without Feta)	£4.95
<b>Garlic Loaf</b> (with Mozzarella) ♡	£3.50/£3.95
<b>Smoked Salmon, Little Gem and Mustard Yogurt</b> with flatbread crackers.	£6.50
<b>Panko-Crumbed Calamari</b> (main with fries) 🥚	£7.50/£14.00
<i>with sweet chilli dipping sauce and chopped salad.</i>	
<b>Garlic Mushroom Crostini</b> ♡	£5.95
<b>Salami and Mozzarella</b>	£5.25
<b>Goat's Cheese and Chilli Jam Pizzette</b> ♡	£5.50

## SIDES

*Available with all starters and main courses*

Chunky Chips	£3.00	Mashed Potato	£3.00
French Fries	£3.00	Seasonal Vegetables	£3.95
Sweet Potato Fries	£3.95	Dressed Continental Salad	£3.95

## CHEF'S SPECIALS

*As well as our standard menu, we have a number of our Chef's specials.  
Please see the blackboard, or ask a member of staff, for details.*

♡ Vegetarian   🥚 Gluten-free   🥚 Dairy-free   🌱 Vegan



WINTER 2019



## MAIN COURSES

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

<b>Home-Baked Ham with Two Montgomery Eggs</b> Served with chunky chips and pickles.	£13.50
<b>Fish and Chips</b> Deep fried cod in Monty's beer batter. Served with chunky chips, homemade tartare sauce and mushy peas. <i>Gluten-free batter available.</i>	£12.95
<b>The Croque Burger</b> A quarter or half pound of ground Montgomery beef, smoked bacon, gruyere cheese, caramelised onions, mustard and caper mayo in a beer sourdough bun with lettuce, tomato, gherkin, French fries & dressed salad.	£10.95/£13.95
<b>Lamb Cawl</b> ③ ④ Traditional Welsh stew of braised lamb with carrot, parsnip, potatoes and leeks.	£12.95
<b>Porc aux Champignon</b> ③ Pan-fried loin of pork in a mushroom, sherry, mustard and cream sauce. Served with crushed new potatoes and savoy cabbage.	£16.95
<b>Sauté Chicken</b> ③ Breast of chicken sautéed with onions and mushrooms, in a cream, tarragon and white wine sauce. Served with French fries and green beans.	£17.95
<b>Steak Frites</b> 10oz Montgomery Sirloin Steak served with French fries, fine beans and a sauce of your choice: Red wine, mushroom and tarragon      Trefaldwyn blue cheese Garlic butter      Au poivre	£19.95

PLEASE SEE THE BLACKBOARD FOR CHEF'S SPECIALS.

③ Vegetarian ③ Gluten-free ④ Dairy-free ⑤ Vegan



WINTER 2019




## MAIN COURSES CONTINUED

- Falafel Burger** £12.95  
in a toasted sourdough bun with Hummus, lettuce, pickle, tzatziki and feta. Served with sweet potato fries and salad.
- Red Lentil and Aubergine Moussaka** £11.95  
with Greek salad, hummus and warm pitta.  
*(Vegan and dairy-free without Feta.)*

### PASTA

- 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. Served in a tomato, white wine and herb gravy.
- Pasta Lanagan** *(Vegan without Feta)* £11.25  
Sautéed aubergines, onions and peppers. Kalamata olives, chilli and tomato sauce. Topped with feta cheese and basil oil.

- Carbonara** Spaghetti with a choice of:
- |  |        |        |        |
|--|--------|--------|--------|
| Smoked bacon   | £10.25 | 2 in 1 | £10.95 |
| Mushroom  | £9.95  | 3 in 1 | £11.50 |
| Chicken  | £10.50 |        |        |

### SIDES

*Available with all starters and main courses*

- |                    |       |                           |       |
|--------------------|-------|---------------------------|-------|
| Chunky Chips       | £3.00 | Mashed Potato             | £3.00 |
| French Fries       | £3.00 | Seasonal Vegetables       | £3.95 |
| Sweet Potato Fries | £3.95 | Dressed Continental Salad | £3.95 |

*For those of you with larger appetites, please ask for extra fries or pasta with your meal when you order and these will be provided at no extra charge.*

 Vegetarian  Gluten-free  Dairy-free  Vegan



WINTER 2019



## SANDWICHES

*Served Monday to Saturday, from 11:30am to 3:00pm  
All served with side salad and crisps, on granary or white bread*

<b>Extra Mature Welsh Cheddar</b> with red onion marmalade	£6.95
<b>Roast Montgomery beef</b> with caper and mustard mayo	£8.25
<b>Home-Baked Ham</b> with frisée, salted tomato, rocket pesto and pickled onion mayo	£7.95
<b>Tuna Mayo Salad</b>	£6.50
<b>Smoked Salmon</b> with Little Gem and mustard yoghurt	£8.25
<b>Hummus, Feta and Greek Salad</b>	£6.50
<b>Steak and Onion</b> with caper and mustard mayo	£8.95
<b>Fish Fingers</b>	£7.50
<b>Other Sandwiches</b>	£5.95

More simple choices – subject to time and ingredients. Please ask.

PLEASE SEE THE BLACKBOARD FOR CHEF'S SPECIALS.

## NOTES

**Locally-sourced meat:** The pork, gammon, bacon and sausage we use come from various local sources. Our steak, lamb and beef comes from Morwens of Forden (Four miles away).

**Intolerances and allergies:** We use multiple allergens in our kitchen. It is your responsibility to make us aware of any severe allergies you have. If you have any dietary requirements, questions, or require full allergen information, please ask a member of staff who will be happy to assist you.

We usually have vegan and gluten-free options available. Just ask one of the team.

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

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

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.

🌿 Vegetarian 🌾 Gluten-free 🥛 Dairy-free 🌱 Vegan



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## DESSERTS

### SMALL TREATS

*Room for a small one?*

**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.

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

### CLASSICS

**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.

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

### DESSERT WINES

	<i>125ml Glass</i>	<b>Bottle</b>
<b>Muscadet</b>	-	<i>full</i> £30.00
Flavours of chocolate and raisins. Smooth and sweet, with a fresh, dry finish.		

<b>Chateau La Fage</b>	£5.00	<i>half</i> £19.00
Brimming with ripe botrytised fruit. Complex and intense.		

<b>Botrytis Semillon</b>	£6.00	<i>half</i> £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.

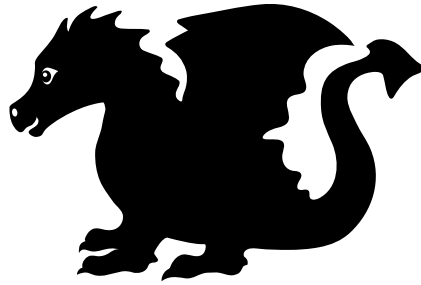


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## FOR LITTLE DRAGONS

*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 • Coffee  
Christmas Pudding

White Chocolate and  
Raspberry Ripple  
Ginger

### **Sorbets**

Lemon  
Elderflower  
Mango



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# WINTER WARMERS

*All coffees are £3.80*

**Black Forest Hot Chocolate**

**Pumpkin Spice Latte**

**Gingerbread Latte**

**Caramel Latte**

**Chai Tea Latte**



## GOOD MORNING

*Start the day with a classic or contemporary breakfast.*

### HELP YOURSELF...

Please help yourself to the following: Fruit juice • Fruit salad • Cereals • Yogurts • Toast (G available) & Pastries, including, Croissant and Pan au Chocolat • Freshly brewed tea and coffee.

### HOT STUFF...

#### **On a Roll**

- Grilled, smoked bacon with ketchup.
- Two free-range, fried eggs and ketchup.
- Banjo: Grilled Shropshire pork sausage, two free-range eggs and ketchup.

#### **On Toast**

- Baked Beans with a splash of Tabasco.
- Smoked haddock rarebit.
- Smoked bacon rarebit.
- Naked: Help yourself to toast and your own choice of preserves.

#### **Hashes**

Pan-fried potatoes and fried eggs with:

- Mushrooms and onions.
- Sausage and onions.
- Baked Beans.

#### **Full Welsh**

- Two rasher of smoked-bacon, a Shropshire pork sausage, black pudding, mushrooms, Baked Beans and toast— along with your choice of fried egg, poached egg, or omlette.
- Two Quorn® sausages, fried potatoes, Baked Beans, mushrooms and toast — along with your choice of fried egg, poached egg, or omlette. V

#### **Porridge**

Freshly-made porridge with honey.

### LARGER GROUPS

*For larger groups we will provide a hot buffet breakfast.*

V Vegetarian G Gluten-free D Dairy-free





## PARTY MENU

*For parties of ten or more (Pre-order required)*  
*One course £16.95 • Two courses £19.95*

Desserts available from £4.95 to order on the evening.

### STARTERS

#### **Soup of the Day** ♻️ Ⓞ

Always fresh, always vegetarian,  
always gluten free.  
*(Please request gluten-free bread)*

#### **Dukkah, Hummus and Feta Crumble** ♻️

with pitta.

#### **Smoked Salmon**

with little gem and mustard yogurt. Served  
with flatbread crackers.

#### **Garlic Mushroom Crostini**

#### **Salami and Mozzarella** Ⓞ

### MAIN COURSES

#### **Sauté Chicken** Ⓞ

Breast of chicken sautéed with onions and  
mushrooms in a cream, tarragon and white  
wine sauce. Served with French fries and  
green beans.

#### **Red Lentil and Aubergine Moussaka** ♻️

with Greek salad, hummus and warm pitta.  
*Vegan and dairy-free without Feta.*

#### **Lamb Cawl** Ⓞ

Traditional Welsh stew of braised lamb with  
carrot, parsnip, potatoes and leeks.

#### **Roast Supreme of Salmon** Ⓞ Ⓞ

in a toasted sourdough bun with mayo.  
Served with mushroom and spinach sauce,  
new potatoes and broccoli.

### DESSERTS

The dessert selection will be provided on the  
day due to the ever-changing selection.

#### **Please note our payment terms:**

We do not provide separate bills for large parties  
although we do provide a fully itemised bill.

We cannot accept separate payments from parties  
of eight or more.

We will take individual drinks orders at the table but  
these will be added to the main account.

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

*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.*

♻️ Vegetarian Ⓞ Gluten-free Ⓞ Dairy-free



## SPECIALS

(SAMPLE MENU)

### STARTERS

- Potted Pork, Radish and Parsley Salad** £7.50  
Served with wholegrain mustard, bread
- Cod, Chorizo and Butterbeans** with garlic toast £7.50
- Cauliflower and Blue Cheese Bake** with red onion marmalade **V** £5.95

### MAIN COURSES

- Confit Duck Leg** with dauphinoise, ratatouille and port sauce **D G** £13.95
- Pot Roast Welsh Black Brisket G** £16.95  
with parsnip mash, maple roasted carrot, pan gravy & pickled walnut
- Ras al Hanout** £16.95  
Spiced salmon fillet, shawarma squash, lentils and freekeh, bizar a shuwa salsa and mint yoghurt
- Roast Beetroot and Tender Stem Broccoli V** £12.95  
with harissa labneh, spring onions & dukkah

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



## 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.**

**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.