

## Starters

**Swansea smoked salmon** £7.45  
Pickled shallots, peas, capers  
basil puree, anchovies [C]  
Contains Sulphur dioxide, Fish, Milk

**Traditional Lamb Cawl** £6.45  
Lamb, carrots, celery, swede,  
onion, leeks, Welsh Cheese,  
Homemade Bread  
Contains Celery, Milk

**Smoked Scallops** £7.95  
Pancetta, honey glazed butternut squash,  
spiced carrot puree  
Contains Crustaceans

## Mains

**Seared loin of welsh lamb** £18.95  
Braised shoulder, noisette potatoes,  
Samphire, baby vegetables, red wine jus  
Contains Milk, Celery, Sulphur dioxide

**Mushroom & courgette  
stroganoff** £10.95  
Braised rice and peas  
Contains Milk, Mustard

**Pan Fried Sea Bass** £17.95  
Braised potatoes, Samphire,  
tomato fondue, baby vegetables,  
red pepper jus  
Contains Celery

## Starters

**Swansea smoked salmon** £7.45  
Pickled shallots, peas, capers  
basil puree, anchovies [C]  
Contains Sulphur dioxide, Fish, Milk

**Traditional Lamb Cawl** £6.45  
Lamb, carrots, celery, swede,  
onion, leeks, Welsh Cheese  
Homemade Bread  
Contains Celery, Milk

**Smoked Scallops** £7.95  
Pancetta, honey glazed butternut squash,  
spiced carrot puree  
Contains Crustaceans

## Mains

**Seared loin of welsh lamb** £18.95  
Braised shoulder, noisette potatoes,  
Samphire, baby vegetables, red wine jus  
Contains Milk, Celery, Sulphur dioxide

**Mushroom & courgette  
stroganoff** £10.95  
Braised rice and peas  
Contains Milk, Mustard

**Pan Fried Sea Bass** £17.95  
Braised potatoes, Samphire,  
tomato fondue, baby vegetables,  
red pepper jus  
Contains Celery