

The  
**GWAELOD-Y-GARTH**  
Inn

## Lunch Menu

Served Mon – Thur 12noon – 2pm  
(Fri & Sat - 12noon - 6pm)

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### Starters

Bowl of mixed olives	£3
Spinach & Cheddar Cheese Pancake	£7
Penclawdd Laverbread mixed with Oats & Bacon	£7
Crispy Fried Brie with Redcurrant Jelly	£8
King Scallops with Tomato Salsa and Chilli Oil	£11
Hot Crevettes with Garlic and Lemon Butter	£11
Creamy Garlic Mushrooms with Ciabatta	£7
Provençale Fish Soup with parmesan, rouille and Crouton	£8
Gwaelod y Garth Salad (celeriac, crab & prawns in a pernod mayo & avocado)	£9

### Main Course

Grilled Gammon Steak, Free range Egg, Tomatoes & Mushrooms	£11
Locally Made Faggots, Peas & Gravy	£10
Mild Creamy Chicken Curry, Rice & Poppadom	£10
Poached Salmon with Samphire & Prawn Sauce.	£18
Grilled Seabass Fillets on Braised Fennel	£18
Lightly Beer-Battered Cod with petis pois.	£13
Plaice fillet in light batter or grilled with petit pois.	£14
Home boiled Ham with Parsley sauce.	£12
Welsh Black Beef Lasagne with Garlic Bread.	£12
Welsh Black Steak & Ale Pie with Puff Pastry.	£13
✓ Mozarella & Sundried Tomato Risotto Cakes with Chilli Jam	£12
✓ Welsh Cheddar Cheese & Leek Glamorgan Sausages & Plum Chutney	£12
✓ Vegan & Gluten free Vegetable and Mixed Bean Curry	£11
<u>21 Day Aged Welsh Beef (All Chargrilled with Mushrooms, Grilled Tomato &amp; Watercress)</u>	
Fillet of Beef Stroganoff	£25
8oz Fillet Steak	£25
10oz Ribeye Steak	£22
12oz Rump Steak	£22
Sauces available for Steaks: Au Poivre (Peppercorn & Brandy) or Bordelaise (Red Wine & Shallots)	£3

### SIDES

CAULIFLOWER CHEESE	£4
MARKET VEGETABLE SELECTION	£3
DRESSED MIXED SALAD	£4
GARLIC BREAD	£2.50

PLEASE ASK A SENIOR MEMBER OF  
STAFF FOR ADVICE ON ALLERGENS

CHILDRENS MENU AVAILABLE

SOME MEALS AVAILABLE AS  
SMALLER PORTIONS

### Puddings, see chalkboard - typically include

Raspberry & Hazelnut Roulade
Sherry Trifle
Tarte au Citron
Tiramisu
Sticky Toffee Pudding
Boozy Bread & Butter Pudding
Lemon Cheesecake
Crème Brulee
Chocolate Fudge Cake
Ice Creams & Sorbets
Selection of Welsh Cheese & Biscuits

All puddings £6, except cheese £7.50

**WELSH TOURIST BOARD—**  
**4 STAR INN & B&B**

