

The  
**GWAELOD-Y-GARTH**  
Inn

## Lunch Menu

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

For events, specials and news follow us on Twitter & Facebook

### Starters

Bowl of mixed olives	£3
Spinach & Cheddar Cheese Pancake	£7
Penclawdd Laverbread mixed with Oats & Bacon	£7
Crispy Fried Brie with Redcurrant Jelly	£7
King Scallops on Mango and Chilli Dressing	£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 (includes fresh bread, veg and choice of potatoes)

Grilled Gammon Steak, Freerange Fried Egg	£11
Home Boiled Ham, Parsley Sauce	£12
Lasagne made with Welsh Black Beef & salad garnish	£12
Locally Made Faggots, Peas & Gravy	£9
Mild Creamy Chicken Curry, Rice & Poppadom	£9
Welsh Black Steak and Ale Pie with puff pastry	£13
Grilled Seabass Fillets on braised fennel	£18
Poached Salmon with White Wine, Cream & Dill Sauce	£18
Lightly Beer battered cod with petis pois	£13
Plaice fillet grilled or lightly battered with petis pois	£14
✓ Mozzarella and Sundried Tomato Risotto Cakes, Chilli Jam	£11
✓ Cheddar cheese & Leek Glamorgan sausages, plum chutney & salad	£11
VEGAN & GLUTEN FREE Vegetable and Mixed Bean Curry	£11

21 Day Aged Welsh Beef (All Chargrilled with Mushrooms, Grilled Tomato & Watercress )

Fillet of Beef Stroganoff	£25
8oz Fillet Steak	£25
10oz Ribeye Steak	£22
12oz Rump Steak	£22

### see chalkboard for specials

#### Side Dishes

Sauces for steaks  
Au Poivre  
(Peppercorn & Brandy)

Bordelaise  
(Red Wine & Shallot)  
£2.50

Rocket, Cherry Tomatoes & Feta  
cheese Salad  
£6.00

Meals are freshly cooked, so some dishes may take a little longer, any queries staff are happy to help.

Flour and nuts are used extensively in our kitchen

### Puddings, see chalkboard - typically include

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

All puddings £5, except cheese £7.50

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

