



MENU

- APPETISERS -

Suitable for 2 people

ARTISAN BREADS

a selection of warm artisan bread rolls
accompanied by olive oil and balsamic
vinegar

£4.50

OLIVES

pitted green olives in a lemon & oregano
dressing.

£4

- STARTERS -

RED PEPPER & TOMATO SOUP

served with warm toasted bread & butter

£6.95

DUCK BON BONS

£7.95

shredded duck in a sweet hoisin sauce
coated in crispy breadcrumbs, served on a
bed of crispy mixed salad with plum sauce

HALLOUMI BITES

halloumi freshly battered in beer batter.
Served with a sweet chilli dipping sauce &
salad garnish

£7.95

SALT & CHILLI CHICKEN STRIPS

£7.50

Chicken strips coated in a salt & chilli
breadcrumb. Served on a bed of salad
garnish & garlic mayo dipping sauce.

SALMON & DILL FISHCAKE

salmon and potato rosti, blended with dill
and lemon and coated with a seasoned
light crispy batter flecked with parsley.
Served on a bed of salad garnish and
tartare sauce

£7.50

POTTED GARLIC MUSHROOMS

£7.50

creamy garlic mushrooms served with
warm toasted bread and pea shoots

History of the Sycamore Tree Inn

The first written records of a premises with the name Sycamore Tree Inn, Colwinston comes from the 'Alehouse
Recognisance' record (early public house licences) of 1827 and we have records of most of the owners and licensees from then on.
However, the architecture of the original building (the current lounge area) suggests this part was built in the 17th century.

Due to the level of literacy in the past, pubs were usually identified by a sign of some kind. The earliest available record of a
licence for an 'Alehouse' in Colwinston was granted in 1753 to Griffith Rees but the 'sign name' is not recorded.
Intriguingly, in 1759 the alehouse in Colwinston, then run by an Elizabeth Morgan, was listed 'under the sign of the
'Holy Bush'.

It is widely recognised that the Sycamore Tree we now know of in Europe is not the same as that called the
Sycamore Tree in the bible, the biblical tree resembled a ficus/fig based tree. However the Greek word for the tree
(*ficus sycomorus*) led to this being translated in the English (and Welsh) bibles as the 'Sycamore Tree'. Was there a
Sycamore Tree outside the current building which was linked by its name to the biblical 'fig' tree, or was the location of the
pub next to the church influencing the use of the term 'holy bush'?

Colwinston village itself is also classified as a "Thankful Village" (there are only 51 of these in the country). This is where
the village had 23 men involved in the First World War who all returned safely.

Unfortunately, the old records cannot tell us any more but we believe the Sycamore Tree Inn has been part of the
community since at least 1753, and our aim is to continue this tradition far into the future.

- PASTA AND SALADS -

LASAGNE	£17.50	CHICKEN SALAD	£14.50
served with salad & garlic bread <i>upgrade to cheesy garlic bread £1.00</i>		chicken breast on a bed of mixed leaf, peppers, tomatoes, onions and cucumber with a honey & mustard dressing <i>With your choice of spice : Cajun, Fajita or Plain</i>	
GRILLED HALLOUMI SALAD	£13.95	<i>Add Bacon : £2.50</i>	
grilled halloumi on a bed of mixed leaf, peppers, tomatoes, onions and cucumber with a honey & mustard dressing			

- VEGETARIAN -

some of our cooking methods could affect the status of our Vegetarian / Vegan Meals. (v/vg) - Available as a vegan option. Please ask for more information

VEGETABLE LASAGNE (v)	£14.95
made with onion, pepper, aubergine, courgette & mushrooms, served with salad & garlic bread <i>upgrade to cheesy garlic bread £1.00</i>	

MOVING MOUNTAIN BURGER	£15.95
packed with plant protein and irresistible juiciness. Making this succulent plant-based burger - <i>vegan option available</i>	

VEGETABLE PIE (v/vg)	£14.95
Cauliflower, broccoli, cut green beans and sliced carrots in a rich dark gravy in a rich dark gravy served with garden peas and chips or mash	

VEGETABLE MASSAMAN CURRY (V)	£15.95
A creamy, aromatic coconut sauce infused with cherry tomatoes, chargrilled sweet potatoes, yellow peppers, and fresh spinach. Served with your choice of chips, rice, or half & half. Comes with warm naan bread, a crispy poppadom, and a side of sweet mango chutney	

3 BEAN SMOKEY CHILLI (v/vg)	£15.95
Red Kidney, Black Turtle and Cannellini Beans in a smokey, spicy sauce. Served with chips, rice or half and half, nachos and sour cream	

swap your chips for sweet potato fries for £1.50 extra

Don't forget to check out the main course's on our Specials Menu!

- FISH -

GOLDEN BREADED SCAMPI	£14.95
whole tails in crispy breadcrumb with chips, tartare sauce, salad garnish and garden peas	
BEER BATTERED COD	£17.95
freshly battered cod with chips, tartare sauce, salad garnish and your choice of garden or mushy peas	
HERB CRUSTED COD	£17.95
served with spring onion mash potato, peas and a white wine sauce	

- CHILDREN'S MENU -

free scoop of ice cream with every children's meal
(12 years & younger only)

CHICKEN NUGGETS / FISH	£7.95
GOUJONS	
with chips or mash & beans or peas	
SAUSAGES*	£7.95
with chips or mash & beans or peas	
QUORN NUGGETS	£7.95
with chips or mash & beans or peas	
LASAGNE	£8.50
with chips	
<i>Add Garlic Bread Quarter: £1.00</i>	

*Available as a Gluten Controlled Option

While our gluten free meals are made from ingredients not containing gluten, and we follow strict procedures to stop contamination our kitchen does contain gluten. If you require any further information please ask a member of the team

- STEAKS AND MORE -

10oz RUMP STEAK

£24.95

A perfectly matured 28-day steak, seared to your liking and bursting with flavour. Served with golden chips, a grilled tomato, garlic mushrooms, crispy onion rings, and a fresh salad garnish
peppercorn | white wine sauce £2.75 each

CHAR-GRILLED CHICKEN BREAST £20.95

Smothered in your choice of creamy peppercorn or rich white wine sauce. Served with golden chips, a grilled tomato, garlic mushrooms, crispy onion rings, and a fresh salad garnish

BBQ PORK RIBS

£19.95

Tender pork ribs smothered in a rich, smoky BBQ sauce, slow-cooked to perfection. Served with golden chips and a fresh, crisp salad

10oz GAMMON

£14.95

Served with golden chips, a grilled tomato, and a fresh salad garnish. Choose to top it with fried eggs, pineapple, or both

- BURGERS -

All burgers are served in a white "bear" roll with lettuce & tomato and chips

BEEF

£16.95

A succulent blend of slow-cooked ox cheek and short rib, crafted into a juicy gourmet burger. Topped with crispy bacon, melted cheese, and our signature burger sauce,

BUTTERMILK CHICKEN

£17.95

Tender chicken breast coated in buttermilk and a crunchy Panko crumb, fried to golden perfection. Topped with melted cheese and drizzled with sweet chilli sauce

LAMB & MINT

£16.95

A juicy lamb burger, mildly flavoured with fresh mint for a subtle twist. Topped with melted cheese and creamy mayonnaise

MOVING MOUNTAIN BURGER (V)

£15.95

Packed with plant protein and irresistible juiciness, this succulent plant-based burger is bursting with flavour. Topped with cheese and mayonnaise

Add: onion rings £2.25 | swap your chips for sweet potato fries for £1.50 extra

- SOMETHING SPICY -

SWEET & SOUR CHICKEN £15.95

Tender chicken breast pieces smothered in a tangy sweet & sour sauce. Served with your choice of chips, rice, or half & half for the best of both worlds.

CHILLI CON CARNE £16.50

A hearty, spicy classic made with tender minced beef, chilli beans, tomatoes, and peppers, slow-cooked in a rich, fiery sauce. Served with your choice of chips, rice, or half & half, alongside crunchy nachos and a cooling dollop of sour cream

CHICKEN TIKKA MASALA £17.50

Succulent pieces of chicken breast simmered in a rich, creamy tikka masala sauce, delicately spiced with aromatic herbs and warming spices.

VEGETABLE MASSAMAN CURRY (V) £15.95

A rich, creamy coconut sauce infused with cherry tomatoes, chargrilled sweet potatoes, yellow peppers, and fresh spinach. Served with your choice of chips, rice, or half & half, accompanied by warm naan bread, a crispy poppadom, and a side of sweet mango chutney.

Why not add tender chicken breast for just £2 extra?

all currys served with chips, rice or half & half, naan bread, poppadom and mango chutney

Don't forget to check out the main course's on our Specials Menu!

- PIES -

served with chips or mash, garden peas, gravy and puff pastry pie lid

STEAK PIE

Tender pieces of succulent steak slow-cooked in a rich, savoury gravy

£16.95

VEGETABLE PIE (V)

A medley of cauliflower, broccoli, cut green beans, and sliced carrots, gently cooked and served in a rich, savory dark gravy

£14.95

Why Not add chicken for £2 extra

swap your chips for sweet potato fries for £1.50 extra on any meal - just ask

- GLUTEN CONTROLLED -

While our gluten controlled meals are made from ingredients not containing gluten, and we follow strict procedures to stop contamination our kitchen does contain gluten. If you require any further information please ask a member of the team

- STARTERS -

RED PEPPER & TOMATO SOUP

served with warm toasted bread & butter

£7.50

SALMON & DILL FISHCAKE

£7.95

salmon and potato rosti, blended with dill and lemon and coated with a seasoned light crispy batter flecked with parsley. Served on a bed of salad garnish and tartare sauce

HALLOUMI BITES

halloumi freshly battered in ginger beer batter. Served with a sweet chilli dipping sauce & salad garnish

£8.50

POTTED GARLIC MUSHROOMS

£8.50

creamy garlic mushrooms served with warm toasted bread and pea shoots

BATTERED COD

freshly battered cod with chips, tartare sauce, side salad and your choice of garden or mushy peas

£18.95

HERB CRUSTED COD

£18.50

served with spring onion mash potato, peas and a white wine sauce

GOLDEN BREADED SCAMPI

with chips, tartare sauce, salad garnish and garden peas

£17.95

10OZ RUMP STEAK

£25.50

28 day matured steak, served with chips, grilled tomato, garlic mushrooms, onion rings & salad garnish

peppercorn | white wine sauce £2.75 each

CHILLI CON CARNE

spicy Chilli Con Carne made with minced beef, chilli beans, tomatoes and peppers. Served with chips, rice or half and half, nachos and sour cream

£16.50

CHICKEN TIKKA MASALA

chicken breast in a tikka masala sauce

£16.95

VEGETABLE MASSAMAN CURRY (V)

A creamy, aromatic coconut sauce infused with cherry tomatoes, chargrilled sweet potatoes, yellow peppers, and fresh spinach. Served with your choice of chips, rice, or half & half. Comes with warm naan bread, a crispy poppadom, and a side of sweet mango chutney
Why not add chicken breast for £2 extra

£15.50

All served with chips, rice or half & half, a poppadom & mango chutney

CHICKEN SALAD

£14.50

chicken breast on a bed of mixed leaf, peppers, tomatoes, onions and cucumber with a honey & mustard dressing

With your choice of spice : Cajun, Fajita or Plain

Add Bacon : £2.50

GRILLED HALLOUMI SALAD

£13.95

grilled halloumi on a bed of mixed leaf, peppers, tomatoes, onions and cucumber with a honey & mustard dressing

swap your chips for sweet potato fries for £1.50 each

10OZ GAMMON

£15.50

with chips, grilled tomato, salad garnish and your choice of fried eggs or pineapple

BBQ PORK RIBS

£19.95

pork ribs smothered in BBQ sauce. Served with chips and salad

CHARGRILLED CHICKEN

£20.95

BREAST

smothered in peppercorn or white wine sauce, with chips, grilled tomato, garlic mushrooms, onion rings and salad garnish

SWEET & SOUR CHICKEN

£15.95

Tender chicken breast pieces smothered in a tangy sweet & sour sauce. Served with your choice of chips, rice, or half & half for the best of both worlds.

BEEF BURGER

£17.95

A succulent blend of Ox Cheek, Short Rib beef burger served with bacon, cheese & burger sauce

Add: onion rings £2.50

BUTTERMILK CHICKEN

£19.50

BURGER

Chicken breast coated in buttermilk and breadcrumbs topped with cheese and sweet chilli sauce

Add: onion rings £2.50

- SIDES -

Chips (GC)	£4.00	Onion Rings*	£4.50/£5.00
Cheesy Chips (GC)	£4.50	Side Salad (GC)	£4.95
Crusty Bread & Butter*	£2.00	Mozzarella Sticks)	£5.95
Garlic Bread*	£4.00/£4.50*	Nachos(GC)	£5.95
Cheesy Garlic Bread*	£4.50/£4.95*		
Sweet Potato Fries (GC)	£4.50		

- DESSERTS -

*Served with your choice of cream, custard or ice cream
Any additional accompaniments are 75p extra*

WARM CHOCOLATE BROWNIE (VG) £6.50
a rich chocolate fudge brownie with dark & white chocolate chips

BREAD & BUTTER PUDDING (VG) £6.95
Layers of buttered sliced bread, packed with sultanas, in an egg and milk custard mixture

BISCOFF CHEESECAKE (VG) £6.95
A crunchie Biscoff biscuit base with a layer of Boscoff spread and a rich smooth cheesecake, finished with Biscoff spread and crumble

STICKY TOFFEE PUDDING (VG) £7.25
a delicate toffee & date sponge served with toffee sauce

CHURROS (VG) £6.50
Warm Churros covered in toffee & chocolate sauce served with ice cream

AFFOGATO* (VG)

This Italian inspired dessert consists of a large scoop of clotted cream ice cream, a hot shot of Espresso followed by a shot of Cointreau Liqueur.

£7.95

- GLUTEN CONTROLLED DESSERTS -

*Served with your choice of cream, custard or ice cream
Any additional accompaniments are 50p extra*

WARM CHOCOLATE BROWNIE (VG) £6.50
a rich chocolate fudge brownie with dark & white chocolate chips

STICKY TOFFEE PUDDING (VG) £7.50
a delicate toffee & date sponge served with toffee sauce

- ICE CREAM -

3 scoops of ice-cream of your choosing served with chocolate wafer curls.
You can even pick n' mix!

VANILLA*

BANANA & CHOCOLATE RIPPLE *

STRAWBERRY *

MINT CHOC CHIP*

CHOCOLATE*

DAIRY FREE VANILLA*

£4.95

Don't forget to check out the desserts on our Specials Menu!

*Available as a Gluten Controlled Option

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- HOT DRINKS -

- COFFEE -

made with Triple Certified 100% Organic Arabica coffee

AMERICANO*

a shot of espresso slowly infused with hot water to create a long black coffee

CAFE LATTE*

a delicious combination of espresso and steamed milk crowned with a smooth layer of milk froth

CAPPUCCINO*

a luxurious mix of espresso steamed milk with velvety froth

ESPRESSO*

a short invigorating shot of coffee with intense flavour

£3.95

- TEA* -

ENGLISH BREAKFAST*

EARL GREY
CHAMOMILE
RED BERRIES
PEPPERMINT
BLACKCURRANT & BLUEBERRY
CRANBERRY & RASPBERRY
GREEN

£3.50

HOT CHOCOLATE

a delightfully indulgent combination of chocolate & steamed milk topped with milk froth

£3.95

**decaf option available*

- FLOATER COFFEE -

£5.95

BRANDY COFFEE (Hennessy VS)

CALYPSO COFFEE (Tia Maria)

ENGLISH COFFEE (Gordon's Gin)

IRISH COFFEE (Jameson Whisky)

ITALIAN COFFEE (Disaronno)

JAMAICAN COFFEE (Kacken Spiced Rum)

RUSSIAN COFFEE (Smirnoff Vodka)

SEVILLE COFFEE (Cointreau)

£7.95

Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our meals and we do not make a "free from" claim. Our allergen information only states allergens if they are an ingredient of a product. We do not include 'may contain' information. Our menu descriptions do not include all ingredients. Please speak to a member of staff

should you have any concerns, Full allergen information is available at the bar.

Where we state a weight, it's a raw weight and 1oz equals approximately 28 grams.

(V)/(VE) Suitable for vegetarians/vegans or vegetarian/vegan option available.

We cannot guarantee that our vegetarian/vegan dishes have been cooked in dedicated fryers, Please ask a member of staff for more information. We regret that we cannot guarantee that our fish/shellfish/chicken/beef/pork dishes do not contain bones or shell