



## - 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**

£7.95

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

**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**

£7.50

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

**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 sycomoros) 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

served with salad & garlic bread  
*upgrade to cheesy garlic bread £1.00*

£17.50

### GRILLED HALLOUMI SALAD

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

£13.95

### CHICKEN SALAD

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*

£14.50

## - 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)

made with onion, pepper, aubergine, courgette & mushrooms, served with salad & garlic bread  
*upgrade to cheesy garlic bread £1.00*

£14.95

### MOVING MOUNTAIN BURGER

packed with plant protein and irresistible juiciness. Making this succulent plant-based burger - *vegan option available*

£15.95

### VEGETABLE PIE (v/vg)

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

£14.95

### 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)

Red Kidney, Black Turtle and Cannellini Beans in a smokey, spicy sauce. Served with chips, rice or half and half, nachos and sour cream

£15.95

## - FISH -

### GOLDEN BREADED SCAMPI

whole tails in crispy breadcrumb with chips, tartare sauce, salad garnish and garden peas

£14.95

### BEER BATTERED COD

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

£17.95

### HERB CRUSTED COD

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

£17.95

## - CHILDREN'S MENU -

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

### CHICKEN NUGGETS / FISH GOUJONS

with chips or mash & beans or peas

£7.95

### SAUSAGES\*

with chips or mash & beans or peas

£7.95

### QUORN NUGGETS

with chips or mash & beans or peas

£7.95

### LASAGNE

with chips

*Add Garlic Bread Quarter: £1.00*

£8.50

*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!

\*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 -

<b>RED PEPPER &amp; TOMATO SOUP</b> served with warm toasted bread & butter	£7.50	<b>SALMON &amp; DILL FISHCAKE</b> 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	£7.95
<b>HALLOUMI BITES</b> halloumi freshly battered in ginger beer batter. Served with a sweet chilli dipping sauce & salad garnish	£8.50	<b>POTTED GARLIC MUSHROOMS</b> creamy garlic mushrooms served with warm toasted bread and pea shoots	£8.50

<b>BATTERED COD</b> freshly battered cod with chips, tartare sauce, side salad and your choice of garden or mushy peas	£18.95	<b>HERB CRUSTED COD</b> served with spring onion mash potato, peas and a white wine sauce	£18.50
<b>GOLDEN BREADED SCAMPI</b> with chips, tartare sauce, salad garnish and garden peas	£17.95	<b>10oz RUMP STEAK</b> 28 day matured steak, served with chips, grilled tomato, garlic mushrooms, onion rings & salad garnish <i>peppercorn   white wine sauce £2.75 each</i>	£25.50

### 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*

<b>CHICKEN SALAD</b> 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> <i>Add Bacon : £2.50</i>	£14.50
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<b>GRILLED HALLOUMI SALAD</b> grilled halloumi on a bed of mixed leaf, peppers, tomatoes, onions and cucumber with a honey & mustard dressing	£13.95
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<b>10oz GAMMON</b> with chips, grilled tomato, salad garnish and your choice of fried eggs or pineapple	£15.50
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<b>BBQ PORK RIBS</b> pork ribs smothered in BBQ sauce. Served with chips and salad	£19.95
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<b>CHARGRILLED CHICKEN BREAST</b> smothered in peppercorn or white wine sauce, with chips, grilled tomato, garlic mushrooms, onion rings and salad garnish	£20.95
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<b>SWEET &amp; SOUR CHICKEN</b> 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.	£15.95
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<b>BEEF BURGER</b> A succulent blend of Ox Cheek, Short Rib beef burger served with bacon, cheese & burger sauce <i>Add: onion rings £2.50</i>	£17.95
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<b>BUTTERMILK CHICKEN BURGER</b> Chicken breast coated in buttermilk and breadcrumbs topped with cheese and sweet chilli sauce <i>Add: onion rings £2.50</i>	£19.50
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*swap your chips for sweet potato fries for £1.50 each*

## - 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 Biscoff 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

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desserts on our Specials Menu!

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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 seamed 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)  
ENGLISH COFFEE (Gordon's Gin)  
ITALIAN COFFEE (Disaronno)  
RUSSIAN COFFEE (Smirnoff Vodka)

CALYPSO COFFEE (Tia Maria)  
IRISH COFFEE (Jameson Whisky)  
JAMAICAN COFFEE (Kacken Spiced Rum)  
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 loz 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