



## - 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 & Kalamata olives in extra virgin olive oil with sun dried tomatoes and garlic

£4

## - STARTERS -

### SWEET POTATO & CARROT SOUP

served with warm toasted bread & butter

£5.95

### DUCK LETTUCE WRAPS

Succulent boneless duck meat, infused with authentic Hoisin marinade and shredded. Served in a crisp lettuce wrap and topped with cucumber, spring onions and a sweet hoisin sauce

£6.95

### HALLOUMI BITES

halloumi freshly battered in ginger beer batter. Served with homemade tomato and bacon jam & salad garnish

£6.95

### PRAWN COCKTAIL

prawns in a Marie Rose sauce served on a bed of iceberg lettuce with cucumber, tomato, lemon and malted bread

£6.50

### POTTED GARLIC MUSHROOMS

creamy garlic mushrooms served with warm toasted bread and pea shoots

£6.25

## - TO SHARE -

Suitable for 2 people

### BAKED CAMEMBERT

A creamy baked Camembert served with crusty bread, salad garnish & cranberry sauce.

£9.95

### 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 -

<p><b>LASAGNE</b> <span style="float: right;">£12.95</span> homemade with Pwll-y-Wrach farm lean minced beef, served with salad &amp; garlic bread <i>upgrade to cheesy garlic bread £0.25</i></p>		<p><b>FAJITA CHICKEN SALAD</b> <span style="float: right;">£10.95</span> chicken breast coated in fajita spice on a bed of mixed leaf, peppers, tomatoes, onions and cucumber with a honey &amp; mustard dressing</p>
<p><b>MACARONI CHEESE</b> <span style="float: right;">£11.95</span> homemade creamy macaroni cheese topped with panko breadcrumbs. Served with garlic bread, salad and bacon &amp; tomato jam <i>upgrade to cheesy garlic bread £0.25</i></p>		<p><b>GRILLED HALLOUMI SALAD</b> <span style="float: right;">£10.95</span> grilled halloumi on a bed of mixed leaf, peppers, tomatoes, onions and cucumber with a honey &amp; mustard dressing</p>

## - BURGERS -

All burgers are served in a toasted brown seeded tartuaga roll with lettuce & tomato and chips

<p><b>BEEF</b> <span style="float: right;">£13.95</span> Rosedew Farm (Llantwit Major) beef burger served with bacon, cheese &amp; burger sauce</p>		<p><b>BUTTERMILK CHICKEN</b> <span style="float: right;">£13.95</span> Chicken breast coated in buttermilk and Panko crumb topped with cheese and our homemade bacon &amp; tomato jam</p>
<p><b>PORK &amp; CHORIZO</b> <span style="float: right;">£12.95</span> Pork &amp; Chorizo burger served with bacon, cheese &amp; mayonnaise.</p>		<p><b>VEGETABLE BURGER (v)</b> <span style="float: right;">£11.95</span> A lightly spiced mix of broad beans, peas and spinach, coated in breadcrumbs flecked with rice flakes and parsley <i>make your burger vegan by swapping to vegan cheese &amp; mayo</i></p>

*Add: onion rings (5) £1.75 | swap your chips for sweet potato fries for £1 extra*

## - CURRY -

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

### LAMB BHUNA

tender lamb in a thick spiced tomato, onion and ginger sauce

### CHICKEN JALFREZI

chicken breast in a rich, spicy tomato sauce

### VEGETABLE PENANG CURRY(vg)

an aromatic Coconut sauce, with cauliflower, green beans, mangetout and peppers  
*Why not add chicken breast for £1 extra*

£12.95

*Add: onion bhajis (4) / vegetable samosas (4)  
£3.50 each*

## - PIES -

all served with chips or mash, garden peas & gravy

### STEAK & KIDNEY PIE

Pwll-y-wrach farm (Colwinston) steak and locally sourced kidney in a rich dark gravy

£11.95

### CHICKEN & VEGETABLE PIE

chicken breast, broccoli, carrot, leek, baby potato & peas in a rich dark gravy

£11.95

### VEGETABLE PIE (v)

broccoli, carrot, leek, baby potato & peas in a rich dark gravy

£10.95

*swap your chips for sweet potato fries for £1 extra*

## - STEAKS AND MORE -

**10oz SIRLOIN STEAK** £23.95  
from Rosedew Farm (Llantwit Major)  
served with chips, grilled tomato, garlic mushrooms, onion rings & salad garnish

**10oz RUMP STEAK** £18.95  
sourced from Rosedew Farm (Llantwit Major)  
served with chips, grilled tomato, garlic mushrooms, onion rings & salad garnish

*peppercorn | honey & mustard | white wine sauce*  
£2.50 each

**CHAR-GRILLED CHICKEN BREAST** £14.95  
smothered in honey & mustard or white wine sauce, with chips, grilled tomato, garlic mushrooms, onion rings and a salad garnish

**10oz GAMMON** £11.95  
with chips, grilled tomato, salad garnish and your choice of fried eggs and/or pineapple

## - 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)** £11.95  
made with onion, pepper, aubergine, courgette & mushrooms, served with salad & garlic bread

*upgrade to cheesy garlic bread £0.25*

**VEGETABLE BURGER (v/vg)** £11.95  
a lightly spiced mix of broad beans, peas and spinach, coated in breadcrumbs flecked with rice flakes and parsley

**VEGETABLE PIE (v/vg)** £10.95  
broccoli, carrot, leek, baby potato & peas in a rich dark gravy served with garden peas and chips or mash

**VEGETABLE PENANG CURRY (vg)** £12.95  
an aromatic Coconut sauce, with cauliflower, green beans, mangetout and peppers served with chips, rice or half & half, naan bread, poppadom and mango chutney

*Add:  
vegetable samosas (4) | onion bhajis (4)  
£3.50 each*

*swap your chips for sweet potato fries  
for £1 extra*

## - FISH -

**GOLDEN BREADED SCAMPI** £10.95  
with chips, tartare sauce, salad garnish and garden peas

**BEER BATTERED COD** £13.95  
freshly battered cod with chips, tartare sauce, salad garnish and your choice of garden or mushy peas

**OVEN BAKED SALMON** £16.95  
Oven Baked Salmon served with spring onion mash, fine green beans and a white wine sauce

## - CHILDREN'S MENU -

free scoop of ice cream with every children's meal

**CHICKEN / FISH GOUJONS** £6.95  
with chips or mash & beans or peas

**SAUSAGES\*** £6.95  
with chips or mash & beans or peas

**QUORN NUGGETS** £6.95  
with chips or mash & beans or peas

**MACARONI CHEESE** £6.95  
with chips  
*Add Garlic Bread Quarter: £0.75*

**LASAGNE\*** £6.95  
with chips  
*Add Garlic Bread Quarter: £0.75*

\*Available as a Gluten Free Option

# - GLUTEN FREE -

## - STARTERS -

### SWEET POTATO & CARROT SOUP

served with warm toasted bread & butter

£5.95

### HALLOUMI BITES

halloumi freshly battered in ginger beer batter. Served with homemade tomato and bacon jam & salad garnish

£7.50

### PRAWN COCKTAIL

prawns in a Marie Rose sauce served on a bed of iceberg lettuce with cucumber, tomato, lemon and bread

£6.95

### POTTED GARLIC MUSHROOMS

creamy garlic mushrooms served with warm toasted bread and pea shoots

£6.75

### LASAGNE

homemade with Pwll-y-Wrach lean minced beef, served with salad & garlic bread

£13.95

*upgrade to cheesy garlic bread £0.25*

### BATTERED COD

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

£14.50

### OVEN BAKED SALMON

Oven Baked Salmon served with spring onion mash, fine green beans and a white wine sauce

£16.95

### 10oz SIRLOIN STEAK

sourced from Rosedew Farm (Llantwit Major) served with chips, grilled tomato, garlic mushrooms, onion rings & salad garnish

£23.95

### 10oz RUMP STEAK

sourced from Rosedew Farm (Llantwit Major) served with chips, grilled tomato, garlic mushrooms, onion rings & salad garnish

£18.95

*peppercorn | honey & mustard | white wine sauce  
£2.50 each*

### 10oz GAMMON

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

£11.95

### CHARGRILLED CHICKEN BREAST

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

£14.95

### BEEF BURGER

Rosedew Farm (Llantwit Major) beef burger served with bacon, cheese & burger sauce

£14.50

### BUTTERMILK CHICKEN BURGER\*

Chicken breast coated in buttermilk and breadcrumbs topped with cheese and our homemade bacon & tomato jam

£14.50

### VEGETABLE BURGER (v)\*

a lightly spiced mix of broad beans, peas and spinach, coated in breadcrumbs flecked with rice flakes and parsley

£11.95

*\*add onion rings to your burger for £2*

### LAMB BHUNA

tender lamb in a thick spiced tomato, onion and ginger sauce

### CHICKEN JALFREZI

chicken breast in a rich, spicy tomato sauce

### VEGETABLE PENANG CURRY(vg)

an aromatic Coconut sauce, with cauliflower, green beans, mangetout and peppers

Why not add chicken breast for £1 extra

£12.45

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

### FAJITA CHICKEN SALAD

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

£10.95

### GRILLED HALLOUMI SALAD

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

£10.95

*swap your chips for sweet potato fries for £1*

## - SIDES -

Chips (GF)	£2.50	Onion Rings*	£3.50
Cheesy Chips (GF)	£2.95	Side Salad (GF)	£3.50
Crusty Bread & Butter*	£1.50	Mozzarella Sticks	£4.95
Garlic Bread*	£2.95	BBQ Chicken Wings(GF)	£4.95
Cheesy Garlic Bread*	£3.75	Nachos(GF)	£4.95
Sweet Potato Fries (GF)	£3.00		

## - DESSERTS -

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

<b>JAMMY BRIOCHE BREAD &amp; BUTTER PUDDING</b> layers of brioche bread in a creamy custard glazed with layers of raspberry jam	£5.95	<b>STICKY TOFFEE PUDDING*</b> a delicate toffee & date sponge served with toffee sauce	£6.50
<b>WARM CHOCOLATE BROWNIE (GF)</b> a rich chocolate fudge brownie with dark & white chocolate chips	£5.75	<b>LEMON MERINGUE VANIER (GF)</b> a light meringue shell surrounding by a tangy combination of lemon parfait and lemon sauce. Decorated with meringue crush and piped chocolate	£6.95
<b>PEAR CRUMBLE</b> simple yet delicious sweet pears topped with a rich crumble mix	£6.50		

### AFFOGATO\*

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

£6.95

## - ICE CREAM-

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

<b>CLOTTED CREAM VANILLA*</b>	<b>SALTED CARAMEL*</b>
<b>BLACKCURRANT RIPPLE*</b>	<b>STRAWBERRY*</b>
<b>CHOCOLATE FUDGE BROWNIE*</b>	<b>DAIRY FREE VANILLA*</b>
£4.95	

\*Available as a Gluten Free Option

- 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

**HOT CHOCOLATE**

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

**ESPRESSO\***

a short invigorating shot of coffee  
with intense flavour

**CAPPUCCINO\***

a luxurious mix of espresso  
steamed milk with velvety froth

**MOCHACCINO**

a wonderful fusion of espresso  
steamed milk & chocolate

**LATTE MACCHIATO**

a tall combination of hot steamed  
milk stained with espresso

£2.95

- FLOATER COFFEE -

£3.50

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 (Sailor Jerry's Rum)  
SEVILLE COFFEE (Cointreau)

£5.95

- TEA\* -

ENGLISH BREAKFAST\*  
EARL GREY  
CHAMOMILE  
RED BERRIES  
PEPPERMINT  
BLACKCURRANT & BLUEBERRY  
CRANBERRY & RASPBERRY  
GREEN

£2.50

*\*decaf option available*