



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

£7.95

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

£7.95

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

£7.50

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
creamy garlic mushrooms served with warm toasted bread and pea shoots

£7.50

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>LASAGNE £15.95 served with salad & garlic bread <i>upgrade to cheesy garlic bread 75p</i></p>	<p>FAJITA CHICKEN SALAD £13.95 chicken breast coated in fajita spice on a bed of mixed leaf, peppers, tomatoes, onions and cucumber with a honey & mustard dressing</p>
	<p>GRILLED HALLOUMI SALAD £12.95 grilled halloumi on a bed of mixed leaf, peppers, tomatoes, onions and cucumber with a honey & mustard dressing</p>

- 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
upgrade to cheesy garlic bread 50p

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

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 PENANG CURRY (v/vg) £15.95
an aromatic Coconut sauce, with cauliflower, green beans, mangetout and peppers served with chips, rice or half & half, naan bread, poppadom and mango chutney

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

- FISH -

GOLDEN BREADED SCAMPI £14.95
whole tails in crispy breadcrumb with chips, tartare sauce, salad garnish and garden peas

BEER BATTERED COD £16.95
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

CHICKEN NUGGETS / FISH £7.50

GOUJONS
with chips or mash & beans or peas

SAUSAGES* £7.50
with chips or mash & beans or peas

QUORN NUGGETS £7.50
with chips or mash & beans or peas

LASAGNE £7.95
with chips
Add Garlic Bread Quarter: £0.75

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 Free 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 -

<p>10oz RUMP STEAK £24.95 28 day matured steak, served with chips, grilled tomato, garlic mushrooms, onion rings & salad garnish <i>peppercorn white wine sauce</i> £2.75 each</p>	<p>CHAR-GRILLED CHICKEN BREAST £19.95 smothered in peppercorn or white wine sauce, with chips, grilled tomato, garlic mushrooms, onion rings and a salad garnish</p>
<p>BBQ PORK RIBS £19.95 pork ribs smothered in BBQ sauce. Served with chips and salad</p>	<p>10oz GAMMON £14.95 with chips, grilled tomato, salad garnish and your choice of fried eggs and/or pineapple</p>

- BURGERS -

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

<p>BEEF £16.95 a succulent blend of Ox Cheek, Short Rib beef burger served with bacon, cheese & burger sauce</p>	<p>BUTTERMILK CHICKEN £17.95 chicken breast coated in buttermilk and Panko crumb topped with cheese and sweet chilli sauce</p>
<p>LAMB & MINT £16.95 Juicy lamb mildly flavoured with mint, served with cheese & mayonnaise.</p>	<p>MOVING MOUNTAIN BURGER £15.95 packed with plant protein and irresistible juiciness. Making this succulent plant-based burger</p>

Add: onion rings (5) £2.25 | swap your chips for sweet potato fries for £1.50 extra

- SOMETHING SPICY -

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

£15.95

VEGETABLE PENANG CURRY (vg)

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

Why not add chicken breast for £2 extra

£15.95

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

BEEF & ALE PIE

tender chunks of Beef with onions, mushrooms in an ale gravy

£16.95

VEGETABLE PIE (v)

Cauliflower, broccoli, cut green beans and sliced carrots in a rich 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 -

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- STARTERS -

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

BATTERED COD freshly battered cod with chips, tartare sauce, side salad and your choice of garden or mushy peas	£18.95	HERB CRUSTED COD served with spring onion mash potato, peas and a white wine sauce	£18.50
GOLDEN BREADED SCAMPI with chips, tartare sauce, salad garnish and garden peas	£16.95	10oz RUMP STEAK 28 day matured steak, served with chips, grilled tomato, garlic mushrooms, onion rings & salad garnish	£25.50

*peppercorn | white wine sauce
£2.75 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 BREAST £20.95
smothered in peppercorn or white wine sauce, with chips, grilled tomato, garlic mushrooms, onion rings and salad garnish

BEEF BURGER £17.95
A succulent blend of Ox Cheek, Short Rib beef burger served with bacon, cheese & burger sauce

Add: onion rings (5) £2.25

BUTTERMILK CHICKEN BURGER £19.50
Chicken breast coated in buttermilk and breadcrumbs topped with cheese and sweet chilli sauce

Add: onion rings (5) £2.25

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
£15.50

VEGETABLE PENANG CURRY(vg)
an aromatic Coconut sauce, with cauliflower, green beans, mangetout and peppers
Why not add chicken breast for £2 extra
£15.50

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

FAJITA CHICKEN SALAD £12.95
chicken breast coated in fajita spice on a bed of mixed leaf, peppers, tomatoes, onions and cucumber with a honey & mustard dressing

GRILLED HALLOUMI SALAD £12.95
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

- SIDES -

Chips (GC)	£4.00	Onion Rings*	£4.50/£5.00
Cheesy Chips (GC)	£4.50	Side Salad (GC)	£4.25
Crusty Bread & Butter*	£2.00	Mozzarella Sticks)	£4.95
Garlic Bread*	£4.00/£4.50*	Nachos(GC)	£4.95
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 50p extra*

TOFFEE APPLE PIE (V) **£6.95**
Juicy Bramley apple filling encased in
pastry

WARM CHOCOLATE BROWNIE **£6.50**
a rich chocolate fudge brownie with dark
& white chocolate chips

BREAD & BUTTER PUDDING **£6.75**
Layers of buttered sliced bread, packed
with sultanas, in an egg and milk custard
mixture with a hint of Whisky

BISCOFF CHEESECAKE **£6.50**
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* **£6.95**
a delicate toffee & date sponge served
with toffee sauce

CHURROS **£6.50**
Warm Churros covered in toffee &
chocolate sauce served with ice cream

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.

£7.95

- GLUTEN CONTROLLED DESSERTS -

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

TOFFEE APPLE PIE (V) **£7.50**
Juicy Bramley apple filling encased in
pastry

**WARM CHOCOLATE
BROWNIE** **£6.50**
a rich chocolate fudge brownie with dark
& white chocolate chips

STICKY TOFFEE PUDDING* **£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 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 -

£5.50

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)

£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