

# - 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*

### 10oz SIRLOIN STEAK

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

£23.95

### BATTERED COD

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

£14.50

### 10oz RUMP STEAK

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

£18.95

### OVEN BAKED SALMON

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

£16.95

*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

### 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*

### 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

### 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

### VEGETABLE BURGER (v)\*

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

£11.95

### GRILLED HALLOUMI SALAD

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

£10.95

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

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