



LUNCH MENU

Served Monday to Saturday, from 11:30 am to 3:00pm

BAGUETTES AND SALADS

Served as either a filled, buttered baguette with side salad and crisps, or as a full salad with baguette and butter to accompany.

	Baguette	Salad
Salami	£5.50	£6.25
Ham and Tomato	£5.75	£6.25
Ham and Cheese	£5.95	£6.50
Mature Cheddar and Red Onion	£6.50	£7.25
Tuna Mayo	£6.50	£7.25
BLT	£6.50	£7.25
Roast Beef and Mustard	£7.00	£7.50
Home-made Fish Finger and Tartare Sauce	£7.50	£8.25
Steak and Onion	£8.95	£9.50

BACON 'N' EGGS

Spanish Omelette (V) with garlic mayo.	£5.50
Bacon and Cheese Frittata with smoked bacon and gruyere.	£5.50
Bacon Hash Sautéed Bacon, onions, beans and black pudding, topped with a fried egg with a side of crispy potatoes.	£7.95

The full Bistro menu is also served for all lunch and evening sittings, with the exception of Sunday lunch times (see Sunday lunch menu).

SIDE ORDERS

Chunky Chips	£2.95
French Fries	£2.95
Sweet Potato Fries	£3.00
Dressed Continental Salad	£3.50
Seasonal Vegetables	£3.95
Bread and Olives	£4.50
Coriander and Dukkah	£4.50
Hummus with warm pitta	
Baguette, extra-virgin olive oil, aged balsamic (per person)	£1.50
Garlic Loaf	£3.50
Garlic Loaf with Mozzarella	£3.95

*(V and G on request)





STARTERS AND SMALL PLATES

Soup of the Day **V** £4.95
Always vegetarian. Always gluten-free. *Please ask for gluten-free bread.*

Pizzette

Mediterranean flat bread topped with garlic butter and a choice of:

Fresca Roast tomato, creamed goat's cheese and basil. **V** £5.25

Bianca Buffalo mozzarella, parmesan cheese, red onion and extra virgin Welsh rapeseed oil. **V** £5.00

Picante Parma Ham, pickled chilli and whipped feta. £5.25

The following dishes can be ordered as a starter or main course.

Carrot and Feta Fritters **V** **G** £5.95 / £9.95
Served with yoghurt, chilli and sumac dip.

Falafel Mezze Platter **V** £6.95 / £10.95
Falafel, hummus, marinated vegetables, sun-blush tomatoes and artichoke.

Salami Antipasti £6.95 / £10.95
Salami, mozzarella, marinated vegetables, sun-blush tomatoes and artichoke.

Calamari Salad £7.50 / £11.50
with 'bloody' Marie Rose (cocktail sauce spiked with vodka and tabasco).

SIDE ORDERS *Available with all starters and main courses.*

Chunky Chips	£2.95	Bread and Olives	£4.50
French Fries	£2.95	Coriander and Dukkah	£4.50
Sweet Potato Fries	£3.00	Hummus with warm pitta	
Dauphinoise Potatoes	£3.50	Baguette, extra-virgin olive oil, aged balsamic (<i>per person</i>)	£1.50
Dressed Continental Salad	£3.50	Garlic Loaf	£3.50
Seasonal Vegetables	£3.95	Garlic Loaf with Mozzarella	£3.95

V Vegetarian **G** Gluten-free **D** Dairy-free



WINTER 2018



MAIN COURSES

LARGE PLATES

The dishes on this page are larger portions, so if you are faint of heart or fancy a pud' they're probably not for you.

*Please let us know, when you order, if you prefer not to have a salad with your meal.
Help us help the environment by reducing food waste.*

Cross-border Burger *(Gluten-free bun available on request)* £11.95
Welsh beef and Shropshire Blue cheese. 8oz of ground Montgomeryshire beef, in a toasted bun with lettuce, tomato, crispy bacon, Shropshire Blue mayonnaise and caramelised onions. Served with French fries and salad.

Vegetarian quinoa and butternut squash burger available. ♻

Fish and Chips ⓓ £12.95
Deep fried cod in Monty's beer batter; served with chunky chips, homemade tartare sauce and mushy peas.

10oz Horseshoe Gammon Ⓞ ⓓ £13.50
Served with egg and pineapple, French fries and salad.

Coq au Vin Ⓞ £14.50
Slow-cooked chicken with smoked bacon, red wine, silverskin onions, button mushrooms, garlic and herbs. Served with French fries and vegetables.

See previous page for side orders

♻ Vegetarian Ⓞ Gluten-free ⓓ Dairy-free

EARLY BIRD OFFERS

*20% discount on orders taken between 5.45pm and 6.45pm.
Available on Large plate and Pasta dishes.*



WINTER 2018



MAIN COURSES

SEASONAL DISHES

MEAT

Duck and Dauphinoise  £13.95
Duck leg confit with dauphinoise potatoes, green beans and a port and berry sauce.

Surf and Turf £23.95
Pan fried 6oz fillet of Montgomeryshire beef and mussels in garlic and herb butter, served with French fries and dressed continental salad.

FISH

Pan-seared Collops of Monkfish   £16.95
(without black pudding)
with cherry tomato salsa, pea purée and black pudding croutons, sweet potato fries and vegetables.

Salmon Curry   £14.95
Supreme of Salmon, curried coconut cream, chickpeas and corriander, Bombay aloo and chilli yoghurt.

VEGETARIAN

Pearl Barley, Chilli and Roast Pepper Risotto £10.50
  *and vegan without Mascarpone*
Topped with toasted pine nuts and mascarpone.

Red Lentil and Aubergine Moussaka  £10.95
Served with Greek salad, hummus and warm pitta. *(Vegan without Feta)*

Side orders available (see starters page).

FROM THE GRILL

All served with French fries and continental salad plus your choice of red wine and mushroom sauce  , blue cheese sauce , au poivre  or garlic mushrooms .

10oz Rump £18.95
10oz Sirloin £19.95
Grilled Lamb Cutlets £16.95

Dragon Sausage £11.50
A handmade sausage of 70% pork, peppery leeks and a kick of chilli.

 Vegetarian  Gluten-free  Dairy-free



WINTER 2018



MAIN COURSES

PASTA DISHES

All sauces served on Spaghetti
(Gluten-free pasta available on request)

Carbonara

Mushroom V	£9.95
Smoked Bacon	£10.25
Chicken	£10.50
2 in 1	£10.95
3 in 1	£11.50

Pasta Lanagan **V**

Sautéed aubergines, onions and peppers, with Kalamata olives, chilli and cherry tomatoes; topped with feta cheese and basil oil.

Lasagne Bolognese £10.50

Traditional beef ragù layered with fresh egg pasta; topped with béchamel sauce and mozzarella. Served with dressed salad.

Pork Sorrentino £11.95

Sautéed pork tenderloin topped with basil oil and mozzarella cheese served with spaghetti in a cream and tomato sauce.

Salmon and Spinach £11.95

Pan-fried salmon with a sauce of spinach, cream and tomato, topped with mozzarella.

Side orders available (see starters page).

V Vegetarian **G** Gluten-free **D** Dairy-free

EARLY BIRD OFFERS

20% discount on orders taken between 5.45pm and 6.45pm. Available on Large plate and Pasta dishes.

NOTES

Locally-sourced meat: The pork, gammon, bacon and sausage we use come from Neuadd Fach, Llandinam. Our steak, lamb and beef comes from Morwens of Forden (4 miles).

Intolerances and allergies: We can accommodate food intolerances and allergies, providing these are mentioned at the time of booking or at point of order.

Salad garnishes and side dishes may contain nuts and seeds. Please advise a member of staff of any allergies.

The majority of our food is freshly-cooked to order. As a result, during very busy periods, you may experience slightly longer waiting times than usual. At these times, we still work very hard to ensure that every order arrives at your table as quickly as possible. Please bear with us, or ask our staff to advise about food choices which take less time to prepare.

Please note that we cannot guarantee our fryers are gluten-free.



WINTER 2018



DESSERTS

See the board for our daily specials

CLASSICS

Ice Creams and Sorbets £1.25
See overleaf for our range of flavours.

Affogato   £2.95
An espresso served with a scoop of plain ice cream.

Sticky Toffee Pudding  £5.95
with toffee sauce and ice cream.

Monty Mess £5.95
Meringue and cream with a twist.

Warm Chocolate Brownie  £5.95

Cheesecake £5.95
Flavours vary from day to day, so please ask.

On the lighter side... £5.95
Chef's choice of fruit posset, fool, mousse or panna cotta of the day. Please ask for details

Artisan Cheeseboard  £7.95
Cheese and cracker selection, chutney, celery and grapes.
(Why not add a Port for £3.00?)

DESSERT WINES

	<i>125ml Glass</i>	Bottle
Muscadet	-	<i>full</i> £30.00

Flavours of chocolate and raisins. Smooth and sweet, with a fresh, dry finish.

Chateau La Fage	£5.00	<i>half</i> £19.00
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Brimming with ripe botrytised fruit. Complex and intense.

Botrytis Semillon	£6.00	<i>half</i> £24.00
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Notes of citrus and marmalade on the nose with a gentle nutty character.

LIQUEURS

Our range of spirits and liqueurs includes:

Hennessy £3.50 Tia Maria £3.00 Port £3.00
Baileys £3.00 Cointreau £3.00

We also have an extensive range of whiskys, whiskeys and gins. Please ask for details.

HOT DRINKS

Try a liqueur coffee, such as Irish Coffee at £5.50, or with a liqueur of your choice.

A selection of teas and coffees, or hot chocolate, are also available. Please ask for details.



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ICE CREAMS AND SORBET FLAVOURS

All supplied by Dairy Dreams, a local dairy farm. Their ice cream is made on the farm using fresh milk from their own herd. They use fresh double cream and, where possible all high-quality ingredients are natural. In addition to ice cream, they also make fruit sorbets, a refreshing and possibly healthier alternative to ice cream.

Ice Creams

Plain
Chocolate
Salty Toffee
Tiramisù
Peanut Butter
White Chocolate Raspberry Ripple
Ginger

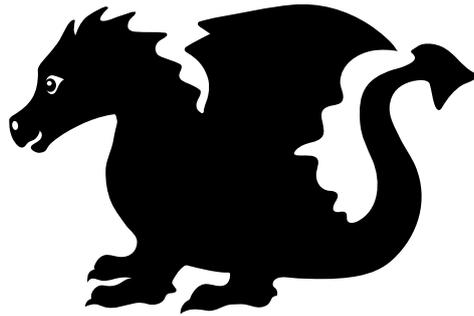
Sorbets

Lemon
Elderflower
Mango

BIS710

FOR LITTLE DRAGONS

All £7.50



Home-made Cod Fish Fingers

with chips and beans

Tagliatelle in Tomato Sauce

with stretchy mozzarella and garlic slice

Grilled Pork (or Quorn™) Sausage

with cheesy potatoes and carrots

Pan-fried Chicken Breast

with chips, lettuce, cucumber and tomato

Dishes from the main menu can also be
ordered in smaller sizes for children.



GOOD MORNING

Start the day with a classic or contemporary breakfast.

HELP YOURSELF...

Please help yourself to the following: Fruit juice • Fruit salad • Cereals • Yogurts • Toast (G available) & Pastries, including, Croissant and Pan au Chocolat • Freshly brewed tea and coffee.

HOT STUFF...

On a Roll

- Grilled, smoked bacon with ketchup.
- Two free-range, fried eggs and ketchup.
- Banjo: Grilled Shropshire pork sausage, two free-range eggs and ketchup.

On Toast

- Baked Beans with a splash of Tabasco.
- Smoked haddock rarebit.
- Smoked bacon rarebit.
- Naked: Help yourself to toast and your own choice of preserves.

Hashes

Pan-fried potatoes and fried eggs with:

- Mushrooms and onions.
- Sausage and onions.
- Baked Beans.

Full Welsh

- Two rasher of smoked-bacon, a Shropshire pork sausage, black pudding, mushrooms, Baked Beans and toast— along with your choice of fried egg, poached egg, or omlette.
- Two Quorn® sausages, fried potatoes, Baked Beans, mushrooms and toast — along with your choice of fried egg, poached egg, or omlette. V

Porridge

Freshly-made porridge with honey.

LARGER GROUPS

For larger groups we will provide a hot buffet breakfast.

V Vegetarian G Gluten-free D Dairy-free



PARTY MENU

For parties of ten or more (Pre-order required) • Two courses £18.95

Desserts available from £5.95 to order on the evening.

STARTERS

Soup of the Day ♡ ☉

Always fresh, always vegetarian, always gluten free.

(Please request gluten free bread)

Falafel Mezze Platter

Falafel, hummus, marinated vegetables, sun-blush tomatoes and artichoke.

Salami Antipasti

Salami, mozzarella, marinated vegetables, sun-blush tomatoes and artichoke.

Carrot and Feta Fritters ♡ ☉

Served with yoghurt, chilli and sumac dip

Please note our payment terms:

We do not accept separate payments for parties, but the combined bill will be fully itemised.

Individual drinks orders will be added to the main account.

Service is not added or included and all gratuities go directly to the staff.

MAIN COURSES

Coq au Vin ☉

Slow-cooked chicken with smoked bacon, red wine, silverskin onions, button mushrooms, garlic and herbs. Served with French fries and vegetables.

10oz Horseshoe Gammon ☉ ☉

Served with egg and pineapple, French fries and salad.

Salmon Curry ☉ ☉

Supreme of Salmon, curried coconut cream, chickpeas and coriander, Bombay aloo and chilli yoghurt.

Red Lentil and Aubergine Moussaka ♡

Served with Greek salad, hummus and warm pitta. *(Vegan without Feta)*

Pasta Lanagan ♡

Sautéed aubergines, onions and peppers, with Kalamata olives, chilli and tomato sauce; topped with feta cheese and basil oil.

♡ Vegetarian ☉ Gluten-free ☉ Dairy-free

All main courses served with roast Mediterranean vegetables, salad, fries and new potatoes.

Salad garnishes and side dishes may contain nuts and seeds. Please advise a team member of any allergies.

We can accommodate food intolerances and allergies, providing that these are mentioned at time of booking.



MEZZE

(SAMPLE MENU)

Served Thursday, Friday and Saturday from 6.00pm to 9.00pm.

Booking essential • £18 per head

Mezze is more a style of eating than a repertoire of specific dishes. Mezze is an assortment of small dishes served all at once. The word “mezze” means “taste” and /or “snack.” Mezze is a big part of the dining experience in Eastern Mediterranean, Middle Eastern, and Arab countries. The concept is very similar to the tapas of Spain but with a Middle Eastern twist. A delicious feast using Turkish, Lebanese and Greek influences. It’s a really fun, informal way to eat. So while we have prepared this sample menu, we do encourage you to just tell us what you don’t like and let us prepare a bespoke feast for you and your party.

ON ARRIVAL

Olives, Pitta Bread ♻️

STARTER

Salami and Mozzarella

Garlic mushroom Crostini

Falafel and Hummus

Calamari Deep Fried Squid with Lemon and Garlic Mayonnaise.

MAIN COURSE

Lemon and Garlic Chicken with Tzatziki

Grilled Cod with pine nuts, chilli and rosemary

Tortilla Española Traditional Potato and Onion Omelette ♻️ Ⓞ

Pork Sorrentino Pan-fried pork fillet with mozzarella cheese, sun-blush tomatoes, a cream and tomato sauce and basil oil.

All served with Greek Salad, Pasta Arrabiatta, Sweet Potato Fries and Roasted Vegetables.

♻️ Vegetarian Ⓞ Gluten-free

Other options can be available on request. Notice must be given prior to arrival. Desserts available from evening menu at additional cost.

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