

370 Mumbles Road Norton Swansea SA3 5TN



Main Course Menus

Traditional Roasts

Roast Silverside of Beef £12.00

Prime sirloin of Welsh black beef dusted with mustard seeds Yorkshire pudding, horseradish mash & a rich gravy

Tender Welsh lamb £12.75

Rolled Welsh Leg of Lamb seasoned with rosemary and served with garlic Roast Potatoes

Pembrokeshire Turkey £10.50

Crown turkey roasted with Parsley & Thyme and served with Honey Roast parsnip

Fresh Roast Chicken £10.00

Herb roasted chicken served with bread sauce

Fresh Roast Leg of Pork £10.00 Rolled leg of Pork with Sage & Onion and served with Apple & cider Sauce

Beef

Filet au Poivre £15.00

Fillet of local mountain reared Welsh Beef topped with a creamy triple peppercorn sauce on a bed of buttered mash

 Welsh Black Rump Steak in a Borderlais Sauce £12.00 with tomatoes, chopped shallots & thyme on a bed of sautéed onions & mushrooms(maximumof40, steaks cooked medium unless otherwise requested)

Welsh Black Sirloin Steak £13.50

in a Béarnaise Sauce - on a bed of sautéed onions & mushrooms (maximum of 40, steaks cooked medium unless otherwise requested)

Beef Olives £13.50

Welsh Black sirloin stuffed with olives & breadcrumbs on a carrot & parsnip mash

 Welsh Black Ribeve Steak £15.00 with wild mushrooms & garlic

 Traditional Beef Wellington £15.00 served on braised Welsh leeks (Maximum of 40)

Lamb

Saddle of Welsh Lamb in a Red Wine Sauce £14.00 with Welsh leek mash

Rack of Welsh Lamb with a Citrus Crust £14.50 on a bed of swede puree

Roast Chump of Welsh Lamb £13.00 presented on a bed of buttered savoy cabbage

Minted Welsh Lamb Shank £14.00 on a bed of chive mash

 Braised Welsh Lamb Shank £14.00 Cooked with red wine and rosemary along with parsley buttered new potatoes

Welsh Lamb Cutlets £12.00 accompanied by caramelised root vegetables (Maximum of 40)



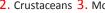












9. Milk

4. Fish







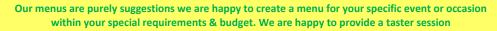


2. Crustaceans 3. Mollusc

10. Mustard 11. Celery

12. Lupin

13. Sova



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Pork

- Medallions of Pork with Calvados £12.00 served with duchesse potatoes
- Valentine Pork Chops £12.50 with Smoked Bacon & Cider presented with sautéed Welsh leeks
- Pork Chops with Honey & Orange £12.00 garnished with baby carrots & mange tout
- Caramelised Pork Fillets £12.50 with sautéed onions & topped with a port & redcurrant jus
- Tenderloin of Pork wrapped in Bacon £12.00 served with black pudding stacks & apple chutney
- Roast Loin of Pork £12.00 on a spring onion mash with a mustard grain sauce

Chicken

- Ricotta & Garlic Chicken Supreme £11.00 of chicken stuffed with ricotta garlic and wrapped in Carmarthenshire ham
- Pate Chicken £11.00 Breast of chicken stuffed with liver pate and wrapped in streaky bacon
- Caerphilly Chicken Breast £11.00 Whole chicken breast served with a rich Caerphilly cheese and leeks sauce
- Supreme of Chicken Infused with tarragon butter £12.00 served on a bed of Dijon mash potato
- Poulet Provencal £11.00Traditional Provencal dish served with sauté potatoes
- Madeira chicken served with a light Madeira sauce on a rosemary mash

Fish

- Fillet of Sole Duglere £12.00
- Monkfish wrapped in Parma Ham£12.50 with duchesse potatoes & topped with a roasted pepper sauce
- Tournedos of Salmon £12.50 presented with a creamy leek ragout & mint hollandaise
- Baked Fillet of Seabass £12.50 accompanied by wilted greens & drizzled with sauce vierge
- Plaice Fillet Veron £12.00 with aubergine fritters shallots, tomato, parsley & white wine
- Thai Style Salmon £12.00 with sweet chilli, coriander & lime

Vegetarian

- Classic Mushroom Strogonoff (v) with a timbale of boiled wild rice
- Aubergine, Mozzarella & Beef Tomato Stack drizzled with a sweet yellow pepper coulis
- Fricasse of Wild Mushroom & Asparagus (v) served in a puff pastry case
- Leek & Goats Cheese Tartlet (v)with a beetroot dressing
- Roast Pepper Parcels (v) Wild rice, mushrooms & sweetcorn
- Mediteranean Vegetables en Croute (v) topped with a pesto & roast tomato coulis



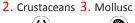












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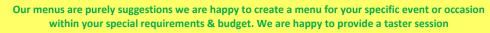












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Potatoes

- **Traditional Parsley Buttered** Gower New Potatoes
- Saute with garlic & oregano
- **Chargrilled New Potatoes**
- **Delmonico** diced Potatoes cooked in cream & garlic
- **Duchesse** piped creamed potatoes
- Parmentier diced savoury potatoes with Cajun seasoning
- Flavoured Mash with a choice of: Welsh cheddar –garlic-spring onion -mustard-parsley & chive-horseradish -Welsh leeks
- Flavoured Roasts with a choice of: classic-rosemary & Garlic-oregano-sea salt & cracked black pepper
- **Dauphine** sliced potatoes cooked in a béchamel sauce
- Boulangere savoury potatoes cooked with bacon & rich beef stock
- **Lyonnaise** cooked with onions
- **Hot Buttered Jacket Potatoes**
- Potato Rosti seasoned potato cooked to crisp perfection

Vegetables

- Minted Garden Peas with fresh mint
- Baby Carrots glazed with tarragon butter
- Broad Beans accompanied by smoked bacon
- Peppered Whole Green Beans
- **Button Sprouts**
- Broccoli with almonds
- Baton Carrots dressed with seasame oil
- Baby Corn with poppy seeds
- Seasonal Savoy Cabbage
- **Cauliflower Florets**
- **Buttered Mashed Swede**
- Honey Glazed Roast Parsnips
- **Buttered Welsh Leeks**
- Cauliflower Cheese
- Traditional Ratatouille
- **Crisp Mange Tout**
- Wilted Greens spinach, rocket, watercress
- Minted Pea Puree
- **Buttered Asparagus Tips**
- Braised Red Cabbage with a hint of cinnamon
- Baton Carrots tied with Welsh leeks
- Green Beans tied with smoked bacon

The price of each main course includes one potato and two vegetable selections











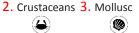


NB

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9. Milk



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