trening Menu	
Antipasti Selection (Vg/GF)  Marinated tomatoes, olives, Alex Gooch ciabatta, olive oil	£5.00
Applewood Smoked Nuts (Vg/GF) Peanuts, cashews and almonds	£2.50
Southern Fried Chicken Wrap With BBQ sauce or garlic mayonnaise and coleslaw	£8.30
Halloumi Wrap (V) With tzatziki and coleslaw	£8.30
Jumbo Fish Finger Ciabatta Sandwich With homemade tartare sauce and coleslaw	£9.00
Flat Iron Steak Ciabatta Sandwich Please ask a member of staff for today's accompaniment	£10.50
Homemade Soup of the Day (Vg/GF) Choice of bread with salted Welsh butter	£6.80
Green Salad (Vg/GF) Salad leaves, cucumber, spring onions and homemade vinaigrette	£5.50
Warm Chicken & Bacon Caesar Salad (GF) With croutons, anchovies, parmesan & Caesar dressing	£10.00
Leek & Perl Wen Tart (V) With dressed leaves, Black Mountains Preserves chutney and coleslar	£8.30 w
Homemade Scotch Egg With dressed leaves, Black Mountains Preserves chutney and colesia	£8.30 w
Sticky Toffee Pudding With Llanfaes Dairy ice cream/crème fraiche, salted caramel sauce and honeycomb crumb	£6.00
Chocolate Brownie (GF) With raspberry sauce, chocolate soil and Llanfaes Dairy ice cream	£6.00

With mixed berry compote, shortbread and Llanfaes Dairy sorbet

(V) Vegetarian

Vanilla Pannacotta (Vg/GF)

(Vg) Vegan

(GF) Gluten Free



£6.00