



Bar Menu

Bwydlen Bar

Bloomer bread sandwiches, floured baps or jacket potatoes

Hot roasts, please ask for today's choices	£6.75
Home baked ham and Welsh cheese	£5.95
Black mountain smoked salmon and peppered cucumber	£6.75
Carmarthenshire 'Perl Wen' brie style cheese and chef's homemade chutney ✓	£4.95
Roasted vegetables and mild Llandeilo goat's cheese ✓	£4.95

Served with potato wedges with rosemary and rock salt

Soup of the day served with homemade bread	£4.75
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Selection of salads

Black mountain smoked salmon and peppered mackerel	£9.95
Cold roast meat platter, please ask for today's choices	£9.95
Carmarthenshire cheese Ploughmans ✓	£8.95
Asparagus and leek quiche with green salad and potato wedges ✓	£9.50

Side orders

Homemade chips	£2.75
Potato wedges with rosemary and rock salt	£2.95
Roasted vegetables	£2.95
Green salad	£2.95
Stradey onion rings	£2.50
Garlic bread	£2.50

Main course

Char grilled 8oz Celtic pride rib eye steak with chips, homemade onion rings and peppercorn sauce	£15.95
10oz thick cut Gammon steak with chips, egg and pineapple	£10.50
Fillet of cod in a Towy ale batter with chips, peas and homemade tartare sauce	£10.95
Baked ham glazed with Welsh red mustard and honey with local potatoes, garden peas and parsley sauce	£9.95
Traditional beef cawl with homemade bread and Caerphilly cheese	£7.95
Butterfly breast of chicken cooked in a rich garlic and herb butter with chips and mixed leaf salad	£10.95
100% Carmarthenshire beef burger with homemade chutney, Welsh cheese and rocket served in a floured bap with chips	£9.95
Moroccan Tagine, slow cooked spicy casserole with honey, dates and fresh herbs made with your choice of beef, chicken, Gower salt marsh lamb or roasted vegetables served with cous cous	£11.95
Glamorgan sausages on a roasted vegetable ratatouille	£8.95

Desserts

Hot desserts

Sticky toffee pudding	£3.95
Jam roly poly	£3.95
Homemade crumble	£3.95

Served with a choice of cream, custard or 'Marios' ice cream

Lemon and lime posset	£3.50
Selection of 'Marios' ice cream and sorbet	£3.75

✓ Vegetarian option