

The
GWAELOD-Y-GARTH
Inn

**Sunday Lunch
Menu**

Served Sunday 12noon – 3.30pm

For events, specials and news follow us on Twitter & Facebook

Starters

Bowl of mixed olives	£3
Spinach & Cheddar Cheese Pancake	£7
Penclawdd Laverbread mixed with Oats & Bacon	£7
Crispy Fried Brie with Redcurrant Jelly	£7
King Scallops on Mango and Chilli Dressing	£11
Hot Crevettes with Garlic and Lemon Butter	£11
Creamy Garlic Mushrooms with Ciabatta	£7
Provençale Fish Soup with parmesan, rouille and Crouton	£8
Gwaelod y Garth Salad (celeriac, crab & prawns in a pernod mayo & avocado)	£9

Main Course

(includes fresh bread, veg and choice of potatoes)

Roast Leg of Lamb, Yorkshire Pudding & mint sauce <small>(Salt Marsh Lamb from Llanrhidian, Gower Peninsula when in season)</small>	£14
Roast Chicken and all the trimmings	£12
Mature Welsh Beef with Yorkshire Pudding	£14
Free Range Pork, Crackling and Apple Sauce	£13
Home boiled ham with parsley sauce	£12
Welsh Black Beef lasagne with Garlic bread and salad	£12
Welsh Black Beef Steak and Ale Pie with Puff Pastry	£13
Grilled Seabass fillets with Braised Fennel and Olive Oil	£18
Poached Salmon with Dill, Samphire and Prawn sauce	£18
Lightly Beer-Battered Cod with petis pois	£13
Plaice fillet in a light batter or just grilled with petis pois	£14
✓ Mozarella and Sundried tomato Risotto Cakes, Chilli Jam	£11
✓ Mature Cheddar Cheese and Leek Glamorgan Sausages with plum chutney	£11
VEGAN & GLUTEN FREE Vegetable & Mixed Bean Curry	£11
8oz Fillet Steak	£25
12oz Rump Steak	£22

Small Roast Dinners - £7

see chalkboard for
specials

Side Dishes

Sauces for steaks Au Poivre (Peppercorn & Brandy)	
Bordelaise (Red Wine & Shallot)	£2.50
Rocket, Cherry Tomatoes & Feta cheese Salad	£6.00

Meals are freshly cooked, so some dishes may take a little longer, any queries staff are happy to help.
Flour and nuts are used extensively in our kitchen

Puddings, see chalkboard - typically include

Raspberry & Hazelnut Roulade
Sherry Trifle
Tarte au Citron
Sticky Toffee Pudding
Bread & Butter Pudding
Lemon Cheesecake
Crème Brulee
Banoffee Pie
Chocolate Fudge Cake
Ice Creams & Sorbets
Selection of Welsh Cheese & Biscuits

All puddings £5, except cheese £7.50

WELSH TOURIST BOARD—
4 STAR INN & B&B

