

Sample Menu

Starters and light bites

Homemade soup of the day £2.95

Served with a baguette and butter

Fishcake plate £4.25

Thai, salmon & spinach and smoked haddock & spring onion fishcakes served with sweet chilli dip

Prawn and melon cocktail £3.95

Served with bread and butter

Marinated halloumi with £3.25Mediterranean vegetables

Crispy chicken duo £3.95

Southern fried spiced chicken strips and popcorn chicken balls, served with smoky BBQ sauce and sour cream

Duck liver pâté £3.95

With our own The Rev. James ale chutney and bread

Cheese and garlic stuffed field mushroom £2.95

Filled breads

Choose from baguette, sliced bloomer or tortilla wrap. Served with salad garnish and chips

Tuna mayonnaise and spring onion £4.75

Rump steak and onions £5.95

Honey roast ham £4.25

BLT – add chicken for 50p £4.75

Any of the above are available as a cheese melt for an extra 50p

Prawns in Marie Rose sauce £5.25

Cheese and The Rev. James ale chutney £4.50

Choose from creamy Organic Perl Wen, Collier's Powerful Welsh Cheddar or Organic Perl Las blue

Traditional ploughman's lunches £5.45

Served with pickles, apple and bread

Choose from:

Duck liver pâté

Hand carved Celtic ham

Your choice from some of Wales' finest cheeses – Collier's Powerful Welsh Cheddar, Organic Perl Las blue or creamy Organic Perl Wen

All items are subject to availability. Approximate weights shown are prior to cooking. Some products may contain nuts or nut oils. Dishes marked with a do not contain meat or fish. Fish and poultry dishes may contain bones.

Photographs are for illustration purposes only.

www.sabrain.com

Jacket potatoes

Served with salad garnish

Tuna mayonnaise and spring onion £4.95

Prawns in Marie Rose sauce £5.25

Collier's Powerful Welsh Cheddar cheese and The Rev. James ale chutney £4.95

Hot and spicy chilli – choose from beef or vegetarian with sour cream £5.25

Celtic ham and Collier's Powerful Welsh Cheddar cheese £4.25

Sharing platters

Seafood plate £6.95

King prawns wrapped in filo pastry, salt and pepper calamari, plaice goujons, breaded scampi, potato wedges and dips

Nachos £4.50

Beef chilli or bean chilli on tortilla chips with guacamole, sour cream, salsa and topped with melted cheese

The ultimate platter £8.95

Southern fried chicken, breaded scampi, our own smoky pork ribs, beer battered onion rings, chips, nachos and dips

Salads

Fresh house salad and bread croutons with your choice of dressing – sweet chilli, French or Caesar

Flaked Shetland salmon and prawns £7.95

Peppered steak and mushrooms £8.95

Sweet chilli chicken and bacon £6.95

Marinated halloumi and garlic mushrooms £6.95

Steak grills

All served with chips or jacket potato, mixed leaves, grilled tomato, button mushrooms and beer battered onion rings

8oz rump steak £9.95

8oz sirloin steak £11.25

10oz rib-eye steak £12.95

Surf and turf £11.95

8oz rump steak topped with filo wrapped king prawns and garlic butter

Steak and mushroom melt £10.95

An 8oz rump steak topped with pan-fried button mushrooms and grilled Collier's Powerful Welsh Cheddar cheese

House mixed grill £14.50

Rump steak, gammon, chicken breast, pork chop, pork sausage and fried eggs

Lamb steak marinated in honey and rosemary £8.95

8oz gammon steak £7.75

Served with a brace of fried eggs or fresh pineapple

Steak sauces £1.40

Smoky fire roasted tomato • Creamy peppercorn Stilton and mushroom • Rich red wine

All items are subject to availability. Approximate weights shown are prior to cooking. Some products may contain nuts or nut oils. Dishes marked with a do not contain meat or fish. Fish and poultry dishes may contain bones.

Photographs are for illustration purposes only.

www.sabrain.com

Fajita grills

Aromatically spiced and stir-fried with sliced peppers and red onions with sour cream, guacamole, tomato salsa and floured tortillas. All served with chips or jacket potato, salad garnish and coleslaw

Steak £10.95

Chicken £8.95

Roasted vegetables £7.95

Chicken, fish, pork & vegetarian grills

Creamy peppered chicken £7.95

Served with vegetables and new potatoes

Taverner's chicken with cheese, £6.95bacon and BBQ sauce

Served with chips or jacket potato and salad garnish

Shetland salmon with lemon hollandaise £8.95

Served with buttered new potatoes and vegetables

Tuna steak with pesto dressing £7.95

Served with new potatoes and vegetables

Whole grilled trout £7.95

Served with new potatoes and vegetables

Pork chops £7.95

Served with chips, jacket or mash, vegetables and a jug of onion gravy

Marinated halloumi and vegetable kebabs £6.95

Chargrilled and served on dressed house salad

Burger grills

All served in a floured bun with chips, salad garnish and coleslaw

6oz Welsh beef burger £5.50

Chargrilled chicken breast £5.50

Marinated in garlic and herbs or Cajun spices

Lamb and rosemary burger £5.85

With tomato relish

Mushroom and mozzarella burger £5.75

Served in a floured bun with chips, salad garnish and coleslaw

Why not add one of the following for 50p each?

Welsh Cheddar cheese • Grilled bacon • Barbecue sauce

Or these for £1.99 each

Spicy chilli, another Celtic Pride Welsh beef burger, chargrilled chicken breast, lamb and rosemary burger, mushroom and mozzarella burger or our topping of the day – please ask for today's variety

All items are subject to availability. Approximate weights shown are prior to cooking. Some products may contain nuts or nut oils. Dishes marked with a do not contain meat or fish. Fish and poultry dishes may contain bones.

Photographs are for illustration purposes only.

www.sabrain.com

Grill combos

All served with chips or jacket potato, salad garnish and coleslaw

Half rack of our own succulent BBQ pork ribs £5.95

Full rack of ribs £8.95

Half a roast chicken £6.95

Half a roast chicken with half a rack of our ribs £9.45

Half a roast chicken and an 8oz rump steak £12.95

8oz rump steak with half a rack of our ribs £11.95

The full house (for the brave!) – Half a roast chicken, rump steak and half a rack of our ribs £14.95

Pub favourites

Honey roast ham, eggs and chips £5.95

Beer battered haddock £6.95

Served with chips or jacket potato, peas, salad garnish, fresh lemon and tartare sauce

Wholetail scampi £6.95

Served with chips or jacket potato, peas, salad garnish, fresh lemon and tartare sauce

Chef's pie of the day £7.25

Served with chips or mash, seasonal vegetables and gravy. See our board or ask your server for today's choice

Braised beef with wild mushrooms and port £10.45

Slow roasted beef served with seasonal vegetables and new potatoes or chips

Spicy chilli £6.95

Choose from spicy chilli con carne or chilli bean casserole served with rice and tortilla chips

Chef's curries £7.25

Served with rice, chips and poppadum. See the board or ask a member of staff for today's selection. Add a mini naan bread for 50p

SA Gold bangers and mash £5.95

Served with onion gravy

Pasta

Mediterranean vegetable pasta £6.50

In a creamy sauce served with garlic bread

Chicken and pancetta spaghetti carbonara £6.95

Served with garlic bread

Beef or vegetable lasagne £6.95

Served with dressed house salad

All items are subject to availability. Approximate weights shown are prior to cooking. Some products may contain nuts or nut oils. Dishes marked with a do not contain meat or fish. Fish and poultry dishes may contain bones.

Photographs are for illustration purposes only.

www.sabrain.com

Sides - all £1.40

Onion gravy
Mushrooms
Chips
Onion rings
Garlic baguette
Cheesy garlic baguette
Coleslaw
Side salad

Desserts

Baked lemon and sultana cheesecake £3.95

Served with ice cream or fresh cream

Summer berry tart £4.25

Served with ice cream or fresh cream

Old-fashioned puds £3.95

Homemade fruit crumble, caramel apple pie or lemony pudding, served with custard, fresh cream or ice cream

Rich chocolate cake £3.95

Served with ice cream or fresh cream

Our own banoffee pie £3.75

Served with banana in caramel

Rocky road chocolate raspberry sundae £3.95

A delicious combination of chocolate mousse, marshmallows, chocolate honeycomb, raspberries and ice cream

Sharing plate of desserts £5.25

Our own fruit crumble, banoffee pie and rocky road chocolate mousse served with a jug of fresh cream or ice cream

Mario's ice creams £2.95

Third generation Italian ice cream made in Wales. Served on their own.

Banana split £3.95

Everybody's favourite – with banana, ice cream, chocolate and caramel sauces and cream

Belgian waffle £3.95

Served with maple syrup and vanilla ice cream

Every day's a sundae – ask for today's selection of delicious ice cream sundaes and two spoons!

Welsh cheese and biscuits £6.95

Great to share! A selection of fine Welsh cheeses with biscuits and The Rev. James ale chutney

All items are subject to availability. Approximate weights shown are prior to cooking. Some products may contain nuts or nut oils. Dishes marked with a do not contain meat or fish. Fish and poultry dishes may contain bones.

Photographs are for illustration purposes only.

www.sabrain.com