



Starters

Homemade soup of the day

Served with crispy bread roll and butter

£4.95

Chicken liver and brandy Pate

Served with toast, chutney and salad leaves

£5.50

Creamy garlic mushrooms

Served with garlic bread and salad leaves

£5.50

Pan fried beef strips

With beansprouts and a sweet chilli sauce

£5.95

Creamy cockles, bacon and lava bread

Served on top of toasted ciabatta

£5.95

Mix platter for two

Breaded scampi, chicken goujons, onions ring and various dips

£7.95

Nachos for two

Topped with melted cheddar Served with guacamole, sour cream and salsa

£6.95

Mains

Pie of the Day

Topped with puff pastry Served with vegetables and choice of potatoes £10.95

Beef Lasagne

Served with garlic bread and side salad £10.95

Mows Trio

Faggots and chilli sausage with mash, fine beans and Guinness gravy £12.95

Chicken breast with ham and leek sauce

Served with vegetables and choice of potatoes £10.95

Chicken, Prawn and Chorizo jambalaya

with peppers, spring onion, coriander and rice cooked in spicy tomato sauce £13.95

Pulled Ham Hock

With Dijon mash, green beans, caramelised apple and parsley sauce £11.95

Homemade 6oz Beef Burger

In a floured bun served with Homemade chips and side salad £10.95

Pork & Leek Sausages

Served with mashed potatoes, peas and gravy £10.95

Curry of the Day

Served with poppadum, naan bread and rice £10.95

Chilli Con Carne

Served with rice £10.95

Grills

8oz Rump Steak	£14.95
8oz Sirloin Steak	£16.95
10oz Rib eye Steak	£18.95
8oz Fillet Steak	£21.95
12oz gammon Steak	£17.95
All served with Homemade chips, mushroom and tomatoes	
Add peppercorn or Diane sauce	£2.00

Fish

Grilled Salmon Steak Topped with green peppercorns	
On a bed of fine beans & tomato, sauté potatoes with pesto dressing	£12.95
Fillet of Sea bass	
Served with Cream of tarragon sauce & garlic sauté potatoes	£15.95
Beer Battered Cod	
Served with Homemade chips, garden peas and tartar sauce	£10.95
Whole tail Scampi	
Served with homemade chips, garden peas and tartar sauce	£10.95

Vegetarian

Glamorgan sausages	
With a choice of potatoes, garden peas and vegetable gravy	£9.95
Wild mushroom and tomato risotto (vegan)	
Served with rocket and toasted Ciabatta	£10.95
Sweet potato, spinach, chickpea and coconut curry (vegan)	
Served with cous cous cooked with diced capsicum peppers and chilli	£9.95
Vegetarian Lasagne	
Served with garlic bread and side salad	£9.95

Children's Menu

Spaghetti Bolognese	£4.00
Chicken Nuggets & Chips	£4.00
Sausage & Mash	£4.00
Ham, egg & Chips	£4.00
Scampi & Chips	£4.00
All served with peas, beans or vegetables	

Sides

Garlic bread	£2.50	Cheesy Garlic bread	£3.00
Chips	£2.50	Cheesy chips	£3.00
Onion rings	£2.50		
Coleslaw	£2.50		