

The Gluten Free Lunch Menu



Starters | Archwaethwyr

Bang bang chicken bites, cool yogurt drizzle	6
Halloumi fries, tomato chilli salsa, spring onion, harissa yogurt	6½
French onion soup, parmesan gluten free crouton, Henllan bread wedge (+)	5
Hummus, olives, tomato, feta cheese, smoked paprika, toasted chickpeas, parsley, gluten free bread (+)	6
Slow roasted belly pork, celeriac & carrot puree, vermouth jus, deep fried sage	6½
King prawns, curried butternut squash puree, pickled onions & radish, watercress	7
Pan seared scallop & squid, saffron & chorizo rice, avocado dressing	8½
Garlic baked camembert, gluten free garlic bread, cranberry sauce	8

Sandwiches | Brechdanau

Fat Boar Fish Finger Buttie; gluten free bread, hand cut chips, tartar sauce	9
Chicken gyros; tikka chicken, shredded lettuce, mint yoghurt, gluten free wrap, skinny fries	8
Croque monsieur – roasted ham, cheddar cheese, gluten free bread, cheese sauce, fried egg, skinny fries, dressed leaves	9

Mains | Prif Gyflenwad

Gochujang marinated beef short rib, Salt & pepper fries, Chinese leaf salad	22
Sweet potato & ginger gnocchi, fire roasted peppers & kale, carrot & lime sauce (+)	13
Halibut steak, leek dauphinoise, dill & caper cream sauce, buttered tender stem broccoli	16
Seafood bouillabaisse, mussels, halibut haddock & king prawns, tomato red pepper reduction, Gluten free bread wedge	14
Gluten free beer battered haddock, hand cut chips, minted mushy peas, tartare sauce	13½
Sesame fried tofu miso ramen, chestnut mushrooms, kale, corn, soft boiled egg, noodle soup (+)	13
Glazed mini gammon joint, Fat Boar sticky sauce, poached eggs, hand cut chips, side salad	13½
House Burger; double 6oz steak burgers, onion relish, grated cheddar, baby gem lettuce, red onion, gherkin, tomato, smoked streaky bacon, skinny fries (+)	14
10oz Welsh ribeye steak, roasted tomato & chestnut mushroom, onion rings, peppercorn sauce	25

Desserts | Pwdin

Cookie dough baked Alaska; gluten free cookie base, vanilla ice cream, Italian meringue, chocolate ganache	6½
Chocolate orange brownie, vanilla ice cream, chocolate sauce (+)	6
Cheeseboard, selection of locally source cheese, biscuits, celery, grapes, chutney, gluten free crackers	8
Selection of Welsh ice creams & sorbets (+, *)	5½

If you have any dietary requirements, then please ask a member of staff for more information

*(gf) denotes a dish is gluten free | * denotes it can be prepared gluten free | (vg) denotes a dish is vegan | (+) denotes the dish can be prepared vegan*

Sides | Ochrau

Gluten free garlic ciabatta, balsamic & oil (+)	4	Onion rings (vg)	3
Gluten free garlic & cheese ciabatta, balsamic & oil (*)	4 ^{3/4}	Side salad (vg)	3
Skinny fries (vg)	3	Gluten free bread & butter (+)	1
Hand cut chips (vg)	4	Beer cheese sauce	3
Salt & Pepper Fries (vg)	4	Blue Cheese sauce	2½
Dirty fries; crispy bacon bites, beer cheese sauce, fresh chillies & coriander, spring onion (*)	4	Peppercorn sauce (gf)	2½
	5	Diane sauce (gf)	2½

Wine | Gwin (125ml available)

	175ml	250ml	Bottle		175ml	250ml	Bottle
White				Red			
Box of Budgies, Sauvignon Blanc, NZ	5½	7½	23	Bone Orchard, Malbec, Argentina	4½	6	17½
Mezzacorona, Pinot Grigio, Italy	5	7	19	Federico Paternina, Rioja, Spain	5	7	20
Rose				Fizz		200ml	Bottle
Brightside, White Zinfandel, California	4½	5¾	16½	Ponte, Pinot Grigio, Italy			19
Lyric, Pinot Grigio Blush, Italy	4¾	6¼	17¼	Ponte, Prosecco, Italy		6½	22

Cocktails | Coctels

£7.50 each or 2 for £12

Pornstar Martini

Absolut Vanilla, butterscotch schnapps, lime, sugar syrup, passion fruit syrup, pineapple juice
Prosecco shot.

Vimto Long Island Iced Tea

Bacardi, Tequila, Cointreau, Beefeater, Absolut Blue, lime, sugar syrup, Vimto.

French Martini

Absolut Blue, Chambord, pineapple juice, orange twist.

Chocolate Orange Espresso Martini

Absolut Vanilla, Faith & sons chocolate orange liqueur, shot of fresh coffee, sugar syrup.

Welsh Garden

Welsh blue slate gin, violet syrup, lemon juice, rose lemonade, fresh mint, edible flowers, rose petals.

Classic Margarita

Tequila Blanco, triple sec, lime juice, lime wedge, salt rim

Cusan Mafon

Absolut Raspberri, Faith & Sons white chocolate & raspberry liqueur, milk, raspberry syrup, raspberry skewer

Tywyll a Stormus

Barti spiced, lime juice, Bundaberg ginger beer, lime wedges

Classic Margarita

Tequila Blanco, triple sec, lime juice, lime wedge, salt rim

Mocktails | Mocktails

1 for £4.50 2 for £7

Popstar Martini

Orange, passionfruit syrup, pineapple, passionfruit half

Elderflower & Cucumber Collins

Apple juice, elderflower cordial, lime juice, cucumber ribbons, soda, mint sprig

Cusan Meddal

Raspberry syrup, sugar syrup, milk, raspberries