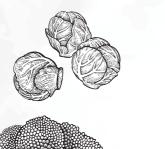


	SALMON & ASPARAGUS PENNE 887 kcal	14.5	
	Salmon fillet served on top of penne pasta in a cream sauce with asparagus tips and finished with parmigiano shavings.		
	WILD MUSHROOM RISOTTO 453 keal	12.9	
	Creamy mushroom risotto topped with a field mushroom and prosociano. 🎻 🖉		
	Add a chargrilled chicken breast - 82 kcal	2.0	
	MEDITERRANEAN HOUSE SALAD 543 kcal	12.9	
ð	Mixed buckwheat and broad beans in a honey mustard sauce, served with yellow cherry tomatoes, red peppers, radish, avocado, beetroot falafel bites and houmous.		
J	Add a chargrilled chicken breast - 82 kcal	2.0	





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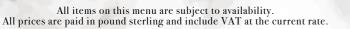
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REMEMBER TO USE YOUR OWNERS LOYALTY CARD TO RECEIVE YOUR DISCOUNTS

Vegetarian ØVegan XNon-Gluten Containing Ingredients

Some of our dishes can be adapted to suit your dietary requirements. Please speak to a member of our team. Please notify our team of any allergies when ordering. We take great care to prevent cross-contamination when preparing food, however please be aware that all our dishes are prepared in kitchens where all known allergens are present, therefore we cannot guarantee that any food item is completely free from allergens.





LEMON SICILIAN TART 492 kcal

Lemon curd filling in a buttery gluten-free pastry case, served with vanilla ice cream and garnished with fresh raspberries and mint leaf. 😽 🔊 🦞

SALTED CARAMEL CAKE 720 kcal

Layers of chocolate sponge, masked with salted caramel and chocolate icing, served with vanilla ice cream. 🖅 🖉

TIRAMISU 365 kcal

Coffee soaked sponges layered with zabaglione cream and coco dusting, served with vanilla ice cream. **M**

BAKED APPLE CRUMBLE 650 kcal

Bramley apples baked with a crumble topping and served with either custard or vanilla ice cream.





STRAWBERRIES & CREAM SUNDAE 487 kcal

Strawberry ice cream, marshmallows and lashings of whipped cream, finished with a strawberry lolly.

MEGA CHOCOLATE SUNDAE 1950 kcal Chocolate salted caramel cake covered in chocolate sauce, topped with chocolate flavoured ice cream, laced with mini marshmallows and finished with chocolate sauce, cream and rossini curled wafers.



SPRESSO 5 kcal	2.75
AMERICANO 10 kcal	3.1
CAFFE LATTE 50 kcal	3.4
MACCHIATO 15 kcal	2.9
CAPPUCCINO 50 kcal	3.4
CAFFE MOCHA 125 kcal	3.7
HOT CHOCOLATE 200 kcal	3.6



Scan here for allergen info



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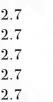
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EARL GREY 10 kcal	2.7
DECAFFEINATED TEA 10 kcal	2.7
BREAKFAST TEA 10 kcal	2.7
LEMON TEA 10 kcal	2.7
PEPPERMINT TEA 10 kcal	2.7
GREEN TEA 10 kcal	2.7



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BRYNTEG **Country & Leisure Retreat**

SELECTION OF OLIVES 191 kcal 💅 🖉

WARM CIABATTA BREAD 612 kcal With balsamic vinegar and extra virgin olive oil. 🆅 🖉

WARM CIABATTA BREAD AND OLIVES 804 kcal With balsamic vinegar and extra virgin olive oil. 🛷 🖉

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	CAULIFLOWER WINGS 312 kcal	6.2
	Individual cauliflower florets in a crisp golden savoury coating served with a sweet mango chutney. 🚿 🖉	
	CRISPY FILO KING PRAWNS 146 kcal	6.9
	Whole king prawns rolled in a crispy filo crumb, served with a sweet chilli dipping sauce.	
3	CHICKEN BREAST BITES, KATSU 230 kcal	5.9
	100% chicken breast chunks coated in a light golden batter served with katsu curry sauce.	
	FIELD MUSHROOM WITH RAREBIT & PANACETTA 375 kcal	6.9
	Stuffed mushroom with cheesy rarebit topping, oven-baked and finished with a roasted onion and shallot coulis. Add lardons of smoked panacetta 46 kcal	1
	(Vegetarian option available upon request)	
	CALAMARI AIOLI 528 kcal	7.9
	Breaded calamari strips served with a piquant garlic sauce.	
	MEZZE SHARING BOARD (SERVES 2) 151 kcal	12.9

Ters

A selection of red pepper houmous, quinoa houmous, beetroot tzatziki, mixed olives, chargrilled mixed vegetables, pickles, a selection of Italian meats and salami served with bread sticks.





PIRI PIRI ROAST CHICKEN 1212 kcal

Half a roasted chicken with piri piri sauce, served with chips and kaleslaw.

PANTRY STEAK & ALE PIE 690 kcal

A British pie awards gold medal winner, shortcrust pastry base filled with juicy steak and mushroom, cooked in ale and topped with puff pastry, served with creamed mashed potato, peas and gravy.

CHICKEN NEW YORKER 842 kcal

2 chargrilled chicken breasts topped with bacon, melted cheese and finished with BBQ sauce served with chips and kaleslaw.

SALMON EN PAPILLOTE 686 kcal

Salmon fillet, wrapped and baked with seasonal mixed green vegetables, served with new potatoes and a hollandaise sauce.

TRADITIONAL FISH 'N' CHIPS 560 kcal

A skinless fillet of chunky white fish battered and deep fried in-house until golden, served with chips, peas or mushy peas and a lemon wedge.

MOULES MARINIERES 935 kcal

A generous portion of Scottish mussels, shell on, in a creamy white wine, onion and parsley sauce served with chips, garlic aioli dip and a lemon wedge.









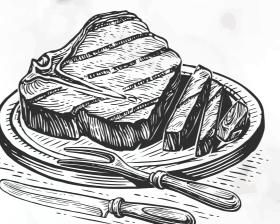
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ULTIMATE BRITISH BURGER 1067 kcal 100% British beef, grilled and topped with mature cheddar cheese, tomato chutney, sweet and sour onion pickles, gem lettuce, large flat mushroom and mayo in a ciabatta roll with sweetcorn cobettes and chips.	12.9
Cluten free option available 🔆	
CHARGRILLED CHICKEN BURGER 688 kcal 2 chicken breasts with gem lettuce, tomato chutney and aioli sauce in a ciabatta roll and served with tricolour vegetable fries.	12.9
Gluten free option available 💥	
THE PLANET BURGER 678 kcal Fallafel and spinach burger topped with field mushroom, tomato chutney, sweet and sour onion pickles, gem lettuce, vegan cheese, mayo and served in a gluten free ciabatta roll with sweetcorn cobettes and tricolour vegetable fries.	12.9
PORK TOMAHAWK 721 kcal A generous 16oz prime pork loin on a bed of creamed mashed potato with mixed green vegetables, accompanied with bearnaise sauce.	18.9
GRILLED SIRLOIN STEAK 791 kcal 8oz sirloin steak cooked to your liking, served with chips, beer battered onion rings and garden peas.	20.9
SURF & TURF 1140 kcal 8oz sirloin steak cooked to your liking, 3 crispy coated king prawns, served with chips, beer battered onion rings and garden peas.	24.9
Add mushroom, cream & brandy or peppercorn sauce 115 kcal	2.5

Sunday Roast

Ask us about our traditional Sunday Roasts. A choice of roast meats served with Yorkshire pudding, roast potatoes, roast parsnips & a selection of seasonal vegetables.

ADULT from 700 kcal CHILD from 400 kcal



12.9 7.5

Upgrade your chips to a jacket potato (245kcal) or tricolour vegetable fries (144kcal) for a 1.5 supplement 👽 💋 Adults need around 2000 kcal per day