

## Starters

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**Homemade Soup Of The Day 7.50 VE GF+**  
with crusty bread & Welsh butter

**Panko Calamari 8.95**  
with citrus aioli

**Selwyn's Penclawdd Cockles, Laverbread & Bacon 9.75 GF+**  
topped with Welsh Dragon mature cheddar cheese, served with ciabatta bread

**Classic Prawn Cocktail 9.75 GF+**  
Atlantic prawns in a Marie rose sauce with crispy salad & wholemeal bread

**Southern Style Chicken Strips 8.75**  
with Stokes barbecue sauce & slaw

**Cauliflower Wings 8.75 GF VE**  
crispy breaded cauliflower bites with Stokes chilli jam

**Bread with Marinated Olives 7.95 VE**  
freshly baked focaccia & ciabatta, extra virgin olive oil & balsamic, whole mixed olives in extra virgin olive oil with rosemary, garlic and sun dried tomato

## Light Bites

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**Nachos with Homemade Spicy Welsh Beef Chilli 10.95 GF**  
with jalapenos, Cheddar cheese & sour cream

**Cheese Nachos 9.95 V GF**  
with nacho cheese sauce, jalapenos, salsa & sour cream

**Welsh Cheese & Biscuits 9.95**  
selection of Welsh cheeses, fruit, chutney & crackers

## Dietary Requirements

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GF - Gluten Free; GF+ - Gluten free option available; V - Vegetarian; VE - Vegan; VE+ - Vegan option available  
Any further allergy and intolerance information is available on request. Please ask a member of staff for details.

## Salads

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**Greek Salad 14.95 V GF+**  
Greek feta cheese with tomatoes, cucumber, marinated Kalamata olives, peppers, red onion & crisp lettuce with balsamic & oregano dressing

**Chicken Caesar Salad 17.50 GF+**  
chargrilled chicken breast, anchovies, bacon bits, crisp baby gem lettuce, parmesan, croutons & Caesar dressing

**King Arthur Salad Bowl 13.95 VE GF**  
chargrilled tenderstem broccoli, edamame beans, roasted butternut squash, quinoa, carrot, baby leaves, pomegranate, hummus, lemon & coriander dressing  
*add Chicken, Salmon or Halloumi +5*

## Sandwiches

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Available 12pm - 5pm

choice of white or malted bloomer, served with home cut chips

**Atlantic Prawns 9.95 GF+**  
with Marie rose sauce

**Fish Fingers 9.95**  
with homemade tartare sauce

## Focaccias

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Available 12pm - 5pm

freshly baked rosemary & sea salt focaccia served with Piper's sea salt crisps

**Mozzarella, Tomato & Rocket 8.95 VE+GF+**  
with pesto mayo

**Hand-Carved Ham 9.50 GF+**  
with mustard mayo & rocket

## Ciabattas

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Available 12pm - 5pm

toasted garlic ciabatta served with home cut chips

**Chicken, Bacon & Cheese Melt 9.95 GF+**  
chargrilled chicken, streaky bacon, melted Welsh mature cheddar

**Steak & Cheese Melt 9.95 GF+**  
Welsh rump steak, chargrilled with caramelised onions & melted Welsh mature cheddar



## Pub Favourites

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**Chef's Own Chicken Curry 16.95 GF+**  
with mini naan bread (medium hot)

**Chef's House Vegetarian Curry 16.95 VE GF+**  
sweet potato, butternut squash, spinach & lentils  
served with mini naan bread (medium hot)

**Spicy Welsh Beef Chilli Con Carne 16.95 GF**  
with Welsh cheddar cheese & sour cream

**Welsh Steak & Ale Pie 17.50**  
slow braised with onions in a rich local dark ale & peas

**Homemade Welsh Beef Lasagne 17.50**  
with garlic ciabatta shards

**Chicken Fillet 18.50**  
wrapped in cured ham with a Welsh cheddar & leek  
sauce with fresh vegetables

**Battered Fish & Chips 18.50**  
fillet of cod (may contain bones) in a beer batter with  
homemade tartare sauce & peas

**Breaded Whitby Wholetail Scampi 17.50**  
with homemade tartare sauce & peas

*Served with a choice of: home cut chips, mash, rice,  
new potatoes or salad*

*Upgrade your chips to sweet potato fries for £1.75*

## Sides

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**Home Cut Chunky Chips 4.00**  
**Sweet Potato Fries 5.25**  
**Onion Rings 4.00**  
**Garlic Ciabatta 4.25**  
**Cheesy Garlic Ciabatta 5.00**

**Peppercorn Sauce 4.25**  
**Chimichurri Sauce 4.25**  
**Side of Vegetables 4.75**  
**Side Salad 4.75**  
**Homemade Coleslaw 2.50**

**Bowl of Olives 4.50**  
*Whole mixed olives in extra virgin  
olive oil with rosemary, garlic and  
sun dried tomato*

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## From Our Char grill

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Choose one of our 28 day matured **CELTIC PRIDE** steaks  
sourced sensibly from Welsh farms across the country.

**8oz Rump 18.95 GF+**

**10oz Rib Eye 28.50 GF+**

*Served with flat mushroom, peas, onion rings & home cut  
chips*

Add a sauce:  
Peppercorn Sauce or Chimichurri Sauce 4.25

**10oz Gammon Steak 16.95 GF**  
with grilled pineapple or fried free range egg, peas  
& home cut chips

## Burgers

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Served in Pretzel Buns

**Welsh Bacon Double Cheeseburger 16.95**  
with crisp lettuce, tomato, onion, Chef's burger sauce  
& home cut chips

**Lamb Burger 16.50**  
with crisp lettuce, tomato & onion, mint yoghurt  
& home cut chips

**Chicken Burger 16.50**  
southern fried chicken strips with Stokes barbecue  
sauce, crisp lettuce, tomato, onion & home cut chips

**The Oumph! Burger 16.50 VE GF+**  
with crisp lettuce, tomato, southern fried onion nest,  
tomato salsa & home cut chips

