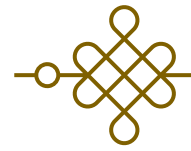


LUNCH MENU

Served 12-3pm



Please State Any Food Intolerances, Food Preferences Or Dietary Needs You Have When Ordering To Help Us Prepare Your Meal To Suit Your Requirements

All GF & Vg Meals are served with homemade potato wedges where chips are normally served as our chips are cooked in the same oil as deep fried meals (unless you state otherwise)

GF Seeded Bun Replaces Brioche Bun

Our homemade chipped potatoes are seasoned with sea salt | mixed leaf side salad served with honey & mustard dressing

Key - (V) vegetarian (GF) gluten free (Vg) vegan (DF) dairy free

All meals subject to availability

Baguettes 8.50 Available on white or wholemeal. All served with mixed leaf & pepper side salad & coleslaw

BBQ Pulled Pork Roasted Pepper, Houmous, Beetroot & Pesto (V)

Roasted Cajun Chicken & Lemon Mayonnaise Breaded Haddock Goujons with tartare sauce

Jacket Potato 8.90 All served with mixed leaf & pepper side salad & coleslaw

BBQ Pork Pulled Roasted Pepper, Houmous, Beetroot & Pesto (V)

Cajun Chicken & Lemon Mayonnaise Prawn & Marie Rose Sauce +1.50 supp

Lite Bites

Soup Of The Day with bread roll & welsh salted butter 6.50

Antipasti

- Cured Meats, Olives, Sunblush Tomatoes, Focaccia, Balsamic & Olive Oil 8.90
- Falafels, Olives, Beetroot, Mozzarella, Focaccia, Balsamic & Olive Oil (V) 8.90

Homemade Cajun Potato Wedges With Melted Cheese, Sour Cream & Sweet Chilli Sauce 4.90

Focaccia, Olives, Balsamic & Olive Oil 3.90

Mains

Homemade Beef Lasagne, chipped potatoes mixed leaf & pepper side salad 14.50

Homemade Slow Cooked Beef Chilli ½ rice ½ chips, mixed leaf & pepper side salad, sour cream & guacamole (gf) (df without sour cream) 16.90

Deep Fried Crusted Scampi, homemade chipped potatoes, mixed leaf & pepper side salad, lemon wedge & tartar sauce 14.50 (df without tartar sauce)

Deep Fried Beer Battered Cod Fillet, chipped potatoes, lemon wedge, minted peas & tartar sauce 14.90

Glamorgan Sausage, chipped potatoes, mixed leaf + pepper side salad & tomato relish (V) 13.90

Homemade Vegetarian Mixed Bean Chilli ½ rice ½ chips, mixed leaf + pepper side salad, sour cream & guacamole (V) (gf) (df without sour cream) (vg when stated) 14.90

Homemade Vegetable Tagine & couscous (V) (Vg) (df) 13.90
(GF Option Available – served with rice)

From The Grill Our Steaks & Gammons Are Hand Cut All Weights Are Approx.

10oz Sirloin Steak 26.90

10oz Rump Steak 22.90

14oz Gammon Steak, fried egg and pineapple salsa 14.90

All served with onion rings, tomato, flat mushroom either chipped potatoes, new or jacket potatoes.

Sauces 3.50 each Black Pepper ~ Diane ~ Perl Las (blue cheese)

Burgers

All Come Served In A Brioche Bun (GF Option Available)
with homemade chipped potatoes, mixed leaf & pepper side salad

Homemade Black Lion Beef Burger, & tomato relish on the side 12.90

Add Teifi Cheese And Or Treacle Cured Bacon 1.00 each

Hunters Chicken Burger (Perl Las, Bacon & BBQ Sauce) 14.50

Grilled Organic Teifi Halloumi Burger, baked mushroom, beetroot, roasted vegetables, tomato & tomato relish on the side (V) 13.90

Sides Orders

Seasonal Vegetables 3.00 (V) (GF) (VG)

Onion Rings 3.00

Coleslaw 2.00

Garlic Bread 3.50

Cheesy Garlic Bread 4.50

Homemade Chipped Potatoes 3.60

Black Lion Side Salad 3.50 (V) (GF) (vg when stated)

For The Little Ones 6.90

Chicken Goujons (DF)

Fish Goujons (DF)

Sausage

Scampi (DF)

Homemade Beef Lasagne

Glamorgan Sausage (Leek & Cheese)(V)

Gammon Steak (Approx. 6 -7oz) & Onion Rings 8.90

All of the above served with homemade chipped potatoes, baked beans or garden peas

Pasta served with homemade tomato sauce & pot of cheese 6.90

Please ask Re Childs GF Option served with homemade potato wedges

Homemade Desserts 6.90

Peach Melba Cheesecake & Vanilla Ice-Cream

Warm Chocolate Brownie, Roasted Mango & Mango Sorbet

Gf Brownie Available

Spiced Sticky Toffee Pudding, Toffee Sauce & Clotted Cream Ice-Cream

Mario Ice-Cream Selection 2.00 per scoop (gf) (v)

Chocolate

Vanilla

Strawberry

White Chocolate

Salted Caramel

Marios Sorbet (v) (gf) (vg) (df)

Mango

Blackcurrant

Mandarin