

tir a môr

SNACKS & SHARERS

Artisan bread selection, Shirgar butter (v)	5	Garlic, rosemary and Halen Môn salted butter flatbread (v)	8	The Welsh egg Chorizo, pork, leek and herb sausage, soft-boiled egg	10
Herb-marinated Nocellara olives (ve)	7	Halloumi fries, red dragon salsa (v)	10		

STARTERS

Seasonal soup (voa)	7
Welsh rare breed pork and leek terrine, pickled vegetables, Celtic mustard sauce	10
Salt 'n' pepper squid, aioli	10
Smoked haddock, salmon and spring onion fishcake, poached local egg, lemon and dill crème fraîche	12
Warm peppered Pant-Ys-Gawn goat's cheese, beetroot carpaccio, rocket, balsamic (v)	10
Crispy soy, garlic and spring onion chicken wings	11

EIN STORI - OUR STORY

Tir a Môr means land and sea in Welsh, so we use some of the country's best-known produce to make twists on classic dishes. Our Head Chef, Richard, is 100% Welsh and a true Cardiffian. Growing up, he would join his nan (Mamgu) in the kitchen and help with the traditional fishcakes and lamb dishes we know and love. But more importantly, it was his nan's kitchen where our signature Bara Birth pudding was created (we love this so much, we also created a cocktail in its honour!).

MAINS

Crispy sea bass, noodles, vegetables, chilli dipping sauce	25
Welsh beer-battered fish and triple-cooked chips, minted pea purée, tartare sauce	21
Add: Truffle chips Curry sauce	4
Harissa-roasted chicken supreme, herb and vegetable couscous, rocket, lemon dressing	20
Chicken, Carmarthen ham and leek pie, tenderstem broccoli	24
Herb-crusted hake, samphire, broccoli, hollandaise	25
10oz Raglan pork rib-eye, grilled artichoke, tenderstem broccoli, apple purée, jus	28
Vegetable curry, courgette pakora, sambal, rice (ve)	20
Vegan burger, vegan bacon, smoked vegan Applewood cheese, flat mushroom, brioche-style bun (ve)	20
Summer vegetable gnocchi, basil oil, pangrattato (ve)	20

SIDES

Fries or triple-cooked chips (ve)	5
Garlic Blas y Tir leeks and sautéed potatoes (v)	7
Shirgar buttered seasonal greens (v)	8
House salad (ve)	6
Sweet potato fries (ve)	6
Halloumi fries, red dragon salsa (v)	10

CEFN MAWR FARMS

Our beef comes from Douglas Willis, who buy from a collective of regional farms within the parish of Cefn Mawr, North Wales.

These farms allow their heritage Welsh Black cattle to graze on native rough upland terrain, which means the meat develops a unique character and well-developed flavour.

FROM THE GRILL

Pan-roasted Brecon lamb rump, Blas y Tir vegetables, red wine jus	29
Cefn Mawr Farm beef chuck burger, bacon, Welsh rarebit, artisan bun, fries, spiced mayonnaise	22
Grilled chicken breast, avocado, bacon, artisan bun, fries, spiced mayonnaise	20
8oz Cefn Mawr Farm sirloin, confit mushroom, roasted cherry tomatoes, triple-cooked chips	30
Sauces	4
Peppercorn sauce Béarnaise Red dragon salsa	

BLAS Y TIR LEEKS

A traditional symbol of Wales, leeks feature across many classic Welsh dishes. We source ours from Blas y Tir, whose leeks are grown in the rich crumbly soil of Pembrokeshire, giving them a mild and sweet flavour.

(v) vegetarian | (ve) vegan | (voa) vegan option available

Food allergies and intolerances: we welcome enquiries from guests who wish to know whether dishes contain particular ingredients. Please note: before placing your order please inform a member of the team if anyone in your party has a food allergy. Prices include VAT. An optional 12.5% service charge will be added to your bill.