

tir a môr

BAR SNACKS & SHARERS

Artisan bread selection, Shirgar butter	5
Herb-marinated Nocellara olives (ve)	7
Garlic, rosemary and Halen Môn salted butter flatbread (v)	8
Seasonal soup (ve available)	7
Severn & Wye smoked salmon, cod and spring onion fishcake, poached local egg, lemon and dill crème fraîche	12
Crispy soy, garlic and spring onion chicken wings	11
Baked Camembert, truffled Welsh honey, artisan bread	12
Tir a Môr sharing platter	18
Glamorgan bites, Welsh rarebit, crispy chicken wings, Welsh beer-battered fish goujons	

MAINS

Welsh beer-battered fish and chunky chips, minted pea purée, tartare sauce	21
Add: Curry sauce 4	
Welsh gammon, fried local eggs, chunky chips, mushroom ketchup	16
Gnocchi, confit cherry tomato, purple potatoes, greens, aubergine and mushroom pesto (ve)	20
Sri Lankan-style vegetable curry, courgette pakora, sambal, rice (ve)	20
Cefn Mawr Farm beef chuck burger, cheddar, artisan bun, spiced seasonal slaw, fries	22
Grilled chicken breast, avocado, bacon, artisan bun, spiced seasonal slaw, fries	19
Spinach and kale burger, vegan bacon, Portobello mushroom, smoked vegan Applewood cheese, brioche-style bun (ve)	20
Add to your burger:	2 each
Fried local egg (v) Welsh rarebit Smoked bacon Portobello mushroom (ve)	

SALADS

Caesar Caerdydd (v)	10
Gem lettuce, Caesar dressing, croutons, Teifi cheese	
Superfood salad (ve)	10
Mixed leaves, quinoa, avocado, beans, goji berries, seeds, nuts	
Roasted butternut squash salad (ve)	10
Chicory, sultanas, pomegranate, pumpkin and sunflower seeds	
Add:	
Chicken supreme 10 Grilled halloumi (v) 9 Grilled salmon 12	

SANDWICHES

Choose from:	
White bread Brown bread Bagel Tortilla wrap Naked	
Cajun grilled chicken, spicy mayonnaise	10
Severn & Wye smoked salmon and cream cheese	10
Glazed Welsh ham salad and mustard mayonnaise	10
Black Bomber Mature Cheddar and orchard fruit chutney (v)	10

SIDES

Fries or chunky chips (ve)	5
Shirgar buttered seasonal greens (v)	8
House salad (ve)	6
Beer-battered onion rings, aioli (v)	6

(v) vegetarian | (ve) vegan

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.

DESSERTS

Apple and berry cymbol, vanilla and Penderyn whisky custard (v)	9
Bara Brith bread and butter pudding, Dairy Farm vanilla ice cream (v)	9
Earl Grey crème brûlée, Aberffraw biscuit (v)	8
Dark chocolate tart, citrus gel, orange sorbet (ve)	9
Two scoops of Dairy Farm ice cream or sorbet, coulis, berries, chocolate (v)	9
Welsh cheeseboard, Pembrokeshire biscuits, grapes, chutney	14

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