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SNACKS & SHARERS

Freshly baked bread selection,whipped charred Blas yr Tir leek Welsh butter	7.5	Toasted Welsh rarebit on artisan sourdough	9	Smoked garlic houmous, toasted pitta bread	8
Herb-marinated Nocellara olives (ve)	7	Baked Camembert, Welsh hot honey, toasted sourdough	13.5		

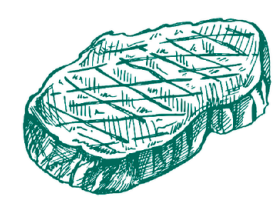


STARTERS

Market fresh seasonal soup, with artisan bread	7.5	Chargrilled local asparagus, egg yolk puree, Halen Mon black garlic ketchup (vgf)	15	Crispy fried Welsh chicken, Pembrokeshire gold sauce, spiced slaw	12
Pressed chicken and apricot terrine, Welsh smoked bacon jam, toasted sourdough	11.5				
Salt baked celeriac carpaccio, acco blanco, radish, apple, apple cider vinegar (ve)	10.5	Best enjoyed with a glass of Reign of Terroir Chenin Blanc, fresh and rounded, it pairs perfectly with the charred asparagus and rich egg yolk purée.		Beetroot and Hensol Castle Gin cured gravadlax, blood orange gel, pickled shallots	14

FROM THE LAND

Roasted breast of chicken, Blas yr Tir potato and leek galette, crispy glazed thigh, local asparagus, mushroom	25
Slow cooked Welsh beef & red wine ragu, pappardelle, San Marzano tomatoes, pangratatto & Parmesan	23
Roasted rump of Brecon lamb, summer vegetable tartlet, mint gel Enjoy with a glass of Lunaris Malbec — smooth, rich and full of dark fruit, it's a natural match for our roasted Welsh lamb.	35
Coedcanlas maple roasted butternut squash, salsa verde, pine nut crumb, spring greens (ve)	25
Grilled garlic, rosemary marinated spatchcock chicken, Halen Mon black garlic ketchup, seasonal slaw	23
8oz BBQ marinated Cefn Mawr Farm feather blade steak, chimichurri, seasonal slaw	35
8oz Cefn Mawr Farm sirloin, confit mushroom, roast tomato	25
Grilled Welsh smoky honey and mustard glazed double Welsh pork chop, celeriac puree	25
Add: Peppercorn sauce Chimichurri Red wine jus	5



FROM THE SEA

Grilled fillet of salmon, apple and kohlrabi choucroute, Trealy Farm chorizo and potato terrine	25
Tiny Rebel beer battered fish and chips, minted pea purée, crème fraiche tartare sauce - Enjoy with a Tiny Rebel Living Pale Ale Add: Currysauc	24 5
Grilled butterflied sea bass, Penclawdd cockle brown butter, lemon Try with a glass of Yealands Sauvignon Blanc — fresh and crisp, with citrus notes that work beautifully with the sea bass and brown butter.	27

BURGERS

Crisp fried buttermilk chicken burger, brioche bun, Halen Môn BBQ glaze, lime and coriander slaw, French fries	23
Smashed Cefn MawrFarm chuck burger 'burger cheese' charcoal bun, fries, seasonal slaw	23
Spinach and kale burger, vegan bacon, vegan cheddar, flat mushroom, artisan bun seasonal slaw (ve)	21

SIDES

Friesor thick chips (ve)	5
Sautéed Blas y Tir Potatoes with leeks and garlic (v)	6
House salad (ve)	6
Tiny Rebel beer battered onion rings, roasted garlic aioli	6
Cauliflower cheese, with strong Welsh cheddar	6
Seasonal greens with garlic, lemon and chili	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.

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Croeso i tir a môr

EIN STORI - OUR STORY

Tir a Môr means land and sea in Welsh, so naturally. We showcase the best produce our country has to offer.

Welsh native, Joe Procak, has worked as a professional chef since he was 18. With over 30 years of experience, he has held numerous Executive Chef roles in Wales. His Italian mother inspired his passion for cooking, and the kitchen was the heart of their home.

Our Head Chef, Richard Howard, is 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 Brith pudding was created (we love this so much, we also created a cocktail in its honour!).

HALEN MÔN SEA SALT

Anglesey

In 1997, husband and wife, Alison and David Lea-Wilson left a saucepan of seawater to boil on the Aga in their family kitchen. As the salt crystals started to form, they knew they'd struck culinary gold. Today, their Welsh sea salt is enjoyed around the world.

TREALY FARM CHARCUTERIE

Monmouthshire, South Wales

Welcome to Trealy Farm Charcuterie. We are the UK's leading artisan producer, based in Monmouthshire, South Wales. Our artisan business combines innovation and technology with traditional methods of curing, smoking and air drying inspired by our training with charcuterie makers across Europe. Our product range includes many products rarely made in the UK, as well as more traditional British products. All are made to our own distinctive recipes and techniques, derived from our unique blend of the best traditional practices and cutting edge food science research.

BLAS Y TIR LEEKS & POTS

Pembrokeshire

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.

HENSOL CASTLE DISTILLERY

Just outside Cardiff

Nestled just outside Cardiff, Hensol Castle Distillery is South Wales' first full-scale distillery, gin & rum school, visitor experience and contract bottling facility. We proudly produce a range of award-winning spirits, each one distilled with passion, precision, and a dash of heritage. You'll now find our premium spirits stocked in retailers and venues across Wales – a true taste of Welsh craftsmanship, born in a castle.

PENDERYN WHISKY

Brecon Beacons

There's evidence that the Welsh practised distillation as early as the 4th century, and today, Penderyn have three distilleries across the country – with the first located in the Brecon Beacons National Park, in the village of Penderyn.

CEFN MAWR FARMS

Monmouthshire

Our beef comes from Douglas Willis, who buy from a collective of regional farms. These farms allow their heritage Welsh Black cattle to graze on native rough upland terrain, which means the meat develops a unique character.

TINY REBEL BREWERY

Newport

Started by two brothers-in-law in a garage, Tiny Rebel has grown into an international business exporting their award-winning brews to over 35 countries. They're also the youngest—and only Welsh—brewery to win Champion Beer of Britain.

Turn over to discover our menu