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SNACKS & SHARERS

Freshly baked bread selection,whipped charred Blas y Tir leek Welsh butter (v)	8	Toasted Welsh rarebit on artisan sourdough	9	Smoked garlic hummus toasted pitta bread (ve)	8
Herb-marinated nocellara olives (ve)	7	Baked Camembert, Welsh hot honey, toasted sourdough (v)	14		

STARTERS

Market fresh seasonal soup, with artisan bread (ve)	8	Pan-fried wild mushrooms, Halen Môn black garlic ketchup, homemade focaccia (ve)	12	Crispy fried Welsh chicken, Pembrokeshire gold sauce, spiced slaw	12
Assorted game terrine, Hensol Castle black gin and cherry gel, sourdough	14	Whipped Pant ys Gawn goats cheese, heritage beetroot, gremolata (v)	12	Coedcanlas maple cured gravadlax, compressed dill cucumber, horseradish cream	14

FROM THE LAND

Roasted breast of chicken, Blas y Tir potato terrine, Jerusalem artichoke pureé, natural jus	25
Ras el Hanout marinated spatchcock chicken, dukka and cucumber Welsh yogurt, flatbread, seasonal slaw	25
Roasted rump of Brecon lamb, roscoff onion, creamed potato, black garlic ketchup	35
Enjoy with a glass of Lunaris Malbec - smooth, rich and full of dark fruit, it's a natural match for our roasted Welsh lamb	
Slow cooked venison, baby onion, red wine and mushroom pie, buttered mashed potato, seasonal greens	24
Coedcanlas maple glazed double Welsh pork chop, baked apple gel, sage and apple salad	23
Slow cooked Welsh beef & red wine ragu, pappardelle, San Marzano tomatoes, pangratatto & Parmesan	23
Halen Môn salt baked celeriac, roasted roots, forest mushrooms, chard, chilli, shallots and a smoked oil dressing (ve)	23
Pan-fried potato gnocchi, roasted artichokes, seasonal greens, lemon butter, sage and toasted hazelnuts, Italian cheese (v)	22
Superfood salad, mixed leaves, buckwheat, beetroot, assorted pulses, greens, tomato, cucumber, toasted seeds, garlic and apple cider vinegar dressing (ve)	14
Add: grilled chicken 10 grilled goat's cheese (v) 8 smoked salmon 12	

FROM THE SEA

Seared cod fillet, forest mushrooms and Blas y Tir leeks, Avruga, fish velouté	26
Grilled butterflied sea bass, Penclawdd cockle brown butter, lemon	27
Try with a glass of Yealands Sauvignon Blanc - fresh and crisp, with citrus notes that work beautifully with the sea bass, cockles and brown butter	
Tiny Rebel beer battered fish and chips, minted pea purée, crème fraîche tartare sauce	24
Enjoy with a pint of Tiny Rebel Easy Livin' Pale Ale	
Add Curry sauce	5

FROM THE GRILL

8oz Cefn Mawr Farm sirloin, confit mushroom, roast tomato	35
8oz BBQ marinated Cefn Mawr farm feather blade steak, chimichurri, seasonal slaw	25
Add: peppercorn sauce chimichurri red wine jus	5

BURGERS

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

SIDES

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

(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.

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.

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.

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.

Ceredigion

Tidy Tea is a family-run Welsh business, born from generations of farming and a passion for working sustainably with the land and nature. They create a range of quality tea blends and luxury coffee bags, made with carefully selected ingredients and with a focus on sustainability. Their products are plastic-free and GMO-free, while their ethos is about ensuring farmers receive a fair price for what they produce.

Swansea

Established in 1989, Mario's Ice Cream is an independent, family-run business based in Cross Hands, Carmarthenshire, proudly manufacturing award-winning Welsh ice cream. With a passion for quality and traditional Italian ice cream-making, they produce over 40 delicious flavours using Welsh milk and carefully selected, high-quality ingredients.

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.

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.

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.

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