



Please find a vacant table and seat where you are most comfortable. When you are ready to order please approach the Bar and give your food and drink order to our staff.

*Something to tame your Hunger*

### Relax with some nibbles

Warm Ciabatta with Balsamic Olive Oil & Sea Salt	£1.50
Salami with Mixed Olives	£2.00
Garlic Bread with or without Cheese	£2.20 / £2.95
Ciabatta, Olives & Salami	£3.00

### Starters

Spencer's Salmon Fishcakes, with Sautéed Baby Spinach, Ginger & Spring Onion Mayonnaise Starter	£6.25
Main Course with Chips	£11.75
Classic Bolognese Cannelloni with Tomato & Cheese Sauce & Garlic Bread	£4.75
The Metropole Prawn Cocktail with Crab and Tomato & Brandy Sauce	£4.95
Garlic Roasted Ciabatta with Garlicky Button Mushrooms & Mozzarella (V)	£4.95
French Onion Soup with Hafod Cheddar Crouton	£5.95
Smoked Salmon with Black Pepper & Brown Bread & Butter	£5.25
Clonakilty Black Pudding with New Potato & Crispy Poached Dolau Egg	£5.25
Warm Goat's Cheese Salad with Leaves, Parmesan, Sunburst Tomatoes & Walnut Dressing (V)	£6.50
Chef's Homemade Soup of the Day	£3.95

### Salads

Cajun Blackened Salmon Fillet with Mixed Leaves & Citrus Salsa	£9.95
Chicken & Avocado Salad with Lime & Coriander Dressing	£9.95
Warm Chicken & Chorizo Salad with Rocket & Mixed Leaves	£10.95
Platter of Honey Roasted Ham & Prawns in Marie Rose Sauce with Crisp Salad & Coleslaw	£7.95

### Mains

Giant Cod in Real Ale Batter, Spencer's Homemade Chips and Pea Purée	£12.95
Braised Shank of Nantmel Lamb, Red Wine Sauce and Roasted Shallots	£13.75
Bengal Fish Curry with Steamed Rice	£12.95

Fresh Italian Tagliatelle  
You choose your own sauce

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| <p>1. Classic Bolognese &amp; Parmesan<br/>2. Chicken, with tame &amp; wild Mushrooms<br/>3. Tomato Sauce with Spinach, Pine nuts &amp; Olives (V)</p> |
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Add Garlic Bread	£1.25
Asian Stir-fried Vegetables with Crispy Beef, Soy & Sesame (V)	£12.95
Roasted Butternut Squash & Pea Risotto (V)	£10.50
Greta's Feta, Pea, Broad Bean and Mint Burger with Malted Grain Bap, Salad and Homemeade Chips (V)	£10.75

* Traditional Welsh Steak & Kidney Pie with Crisp Puff Pastry & Cauliflower Cheese	£12.75
* Local Game and Port Wine Pie with Crisp Puff Pastry & Cauliflower Cheese	£12.75

\* Enjoy either of these pies and 50p will be donated to this years chosen charity, Muscular Dystrophy Campaign.

### From the Char-Grill

8oz Welsh Beef Fillet Steak	£18.95
9oz Welsh Beef Rib Eye Steak	£16.95
Middlewood Farm Welsh Lamb Chops	£15.75
Welsh Gammon with Fried Dolau Hen Egg	£13.00
The Metropole Mixed Grill - Steak, Lamb, Pork, Gammon, Sausage, Onion Rings & Homemade Chips	£18.95
8oz Loch Fyne Salmon Supreme	£13.50
The Classic Welsh Beef Burger (with or without Cheese) served with Homemade Chips & French's Mustard	£12.25
Grilled Chicken Supreme topped with Bacon, Cheddar and BBQ Sauce	£12.95

All Char-grilled dishes are served with Salad Garnish, Café de Paris Butter and your choice of potatoes:

Homemade Chips	
New Potatoes	
Goosey Garlic Potatoes	
Try our Avocado Chips for only	£3.25
Add: Peppercorn Sauce	£0.95

### The Metropole Club Sandwich

A Triple Decker of Chicken Breast, Crisp Bacon, & Salad Served with hand cut Chips.

### The Metropole Hot Sandwiches

Alex Gooch's Award-Winning Focaccia with Handcut Chips	£9.95
Hot Welsh Beef Steak with Balsamic Onions	
Hot Seared Breast of Pesto Chicken with Rocket & Parmesan	

### Side Orders

All	£2.50 each
Homemade Chips	
Onion Rings	
Sautéed Mushrooms	
Goosey Garlic Potatoes	
New Potatoes	
Sauteed Spinach	
Medley of Steamed Vegetables	
Garlic Bread (with cheese)	£2.20 / £2.95
Mixed Salad	
Avocado Chips	£3.25

### Sandwich Selection

All Sandwiches are garnished with Salad, Coleslaw and Tyrrells Crisps

Please choose your freshly baked bread and delicious fillings from the following options.

#### SELECTION OF SPECIAL BREADS:

White or Granary Bloomer	£4.25
White or Wholemeal Baguette	£4.95
Tortilla Wrap (Healthy Option)	£4.95
Toasted Ciabatta	£5.20

#### SELECTION OF FILLINGS:

Free Range Chicken and Crispy Bacon with Low Fat Mayonnaise	
Hafod and Caerfai Cheddar with Homemade Chutney (V)	
Loch Fyne Smoked Salmon with Horseradish	
North Atlantic Prawns with Tomato and Brandy Sauce	
Home Cooked Welsh Gammon with Green Peppercorn Mustard	
Roast Radnorshire Beef with Piccalilli	
Tuna and Low Fat Mayonnaise	
Free Range Egg & Cress (V)	
Char-grilled Mediterranean Vegetables with Feta Cheese	
Supplement (V)	£1.25

#### HOT BAGUETTE

Crispy Bacon with Hafod & Caerfai Cheddar, served with Crisp Salad, Coleslaw & Crisps	£5.25
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### Spencer's Pannini

At	£6.45 each
Served with Homemade Chips & Salad	
Mozzarella, Tomato, Ham & Pesto	
Roast Mediterranean Vegetables with Sunblushed Tomatoes, Olives & Feta	
Tuna & Melted Hafod Cheddar	
Chicken with Bacon & Brie	
Welsh Ham, Tomato & Hafod Cheddar	

### Baked Potatoes

All	£5.10
Please select from the following fillings:	
Welsh Cheddar Cheese (V)	
Tuna and Low-fat Mayonnaise	
Prawns Marie Rose	
Chilli Con Carne	
Bacon and Cheese	
Heinz Baked Beans and Welsh Cheddar (V)	
Char-grilled Mediterranean Vegetables with Feta Cheese (V) (supplement)	£1.25

### Treat yourself to a Pudding

Apple & Blackberry Crumble with Creamy Custard	£4.95
Sticky Toffee Pudding with Toffee Sauce	£4.95
Warm Chocolate Fudge Cake with Chocolate Sauce	£4.95
Fresh Fruit Salad with Cream	£4.25
White Chocolate & Lime Cheesecake with Fruit Coulis	£4.95
Mary's Farmhouse Ice Creams	£4.50
Add Ice Cream to your dessert for an extra	75p

### Milk Shakes

All	£3.75 each
Delicious Milk Shakes made with Mary's Farmhouse Organic Ice Cream	
Chocolate	
Strawberry	
Banana	
Raspberry	

We are unable to guarantee nut free products on our menu. Please enquire.

**Proudly Supporting  
Welsh Food Producers  
and Farmers**



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Fresh Italian Tagliatelle You choose your own sauce	£12.50	<div style="border: 1px solid black; padding: 5px;"> <p>1. Classic Bolognese &amp; Parmesan 2. Chicken, with tame &amp; wild Mushrooms 3. Tomato Sauce with Spinach, Pine nuts &amp; Olives (V)</p> </div>
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### Side Orders

All	£2.75 each
Homemade Chips	
Onion Rings	
Sautéed Mushrooms	
Goey Garlic Potatoes	
New Potatoes	
Sautéed Spinach	
Medley of Steamed Vegetables	
Garlic Bread (with cheese)	£2.20 / £2.95
Mixed Salad	
Avocado Chips	£3.25

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### Hot Drinks

Café Crème	£2.10
Espresso	£2.10
Double Espresso	£3.10
Cappuccino	£2.30
Café au Lait	£2.10
Latte Macchiato	£2.30
Hot Chocolate	£2.35
Speciality Teas	£2.10
Pot of Tea for Two	£4.05
Pot of Tea for One	£2.45

### Favourite Drinks

Pint of Carlsberg	£3.20
Pint of Tetleys Smooth	£3.20
Pint of Double Dragon	£3.40
Pint of Celtic Pride	£3.40
Pint of English Cider	£3.40
Pint of Guinness	£3.40
Bottle of San Miguel	£3.40
Bottle of Stella	£3.40
Bottle of Holsten Pils	£3.40
Bottle of Becks (alcohol free)	£2.40
Britvic Fruit Juices	£1.80
J2O Juices	£2.50
Mineral Water	£1.80
Coke or Lemonade	£1.50
Baileys (50ml)	£4.05
Gin (25ml) and Tonic	£4.30
SmirnoffVodka (25ml) and Coke	£3.60
Jack Daniels (25ml) and Coke	£3.60
Bacardi (25ml) and Coke	£3.20
Malt Deluxe Whisky (25ml)	£3.45
Martell (35ml)	£3.45
Malibu (25ml) and Pineapple Juice	£4.40
Peach Schnapps (25ml) and Lemonade	£3.70
Campari (25ml) and Lemonade	£3.30
Pimms (50ml) and Lemonade	£4.45
Cinzano Bianco (50ml) and Lemonade	£3.30
Whisky (25ml) and Coke	£3.20
Captain Morgan Rum (25ml) and Coke	£3.20
Sherry (50ml)	£2.45
Ruby Port (50ml)	£3.05