

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 orders to our staff.

Our dietary guide marks will help you choose the right items on the menu to suit your dietary needs.

G = Gluten free W = Wheat free
V = Vegetarian D = dairy free

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

Mains



Giant Cod in Real Ale Batter, Spencer's
Homemade Chips & Pea Puree £12.95

Braised Shank of Nantmel Lamb, Red Wine
Sauce & Roasted Shallots £12.95

Classic French Coq au Vin. Chicken, Reisling
Wine, White Baby Onion & Pancetta (GW) £13.95

Thai Red Chicken Curry Served with Fragrant
Basmati Rice (GWD) £12.95

Thai Green Vegetable Curry Served with
Fragrant Basmati Rice (VGWD) £10.95

Brecon Game, Port & Juniper Pie with Crispy
Puff Pastry £12.95

Vegetarian Fresh Pasta with Aubergine,
Tomato, Garlic & Basil Sauce Glazed with
Chesse £10.00

New! Spencer's Pannini

At £5.75 Choose from our three types of filling:
Mozzarella, Tomato, Prosciutto, &
Pesto
Chicken with Bacon & Brie
Red Pepper, Spinach, Mozzarella &
Rocket
Welsh Ham, Tomato & Cheese

Side Orders

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

From The Char-Grill



9oz Welsh Black Fillet Steak £17.95

9oz Welsh Black Rib Eye Steak £14.95

Welsh Lamb Chops £14.95

Free Range Welsh Pork Chops £12.75

Lime & Coriander Chicken Fillet £13.95

8oz Loch Fyne Salmon Supreme £12.95

The Classic 10oz Welsh Black Beef Burger
(with or without Cheese) served with
Homemade Chips and Frenchies Mustard £10.95

(Try our Avocado Chips for only £2.95)

All Char-grilled dishes are served with
salad garnish, Café Du Paris Butter and your

Choice of potatoes:
Homemade Chips
New Potatoes
Goosey Garlic Potatoes

Add: Peppercorn Sauce 50p

Baked Potatoes



At: £4.75

Please select from the following fillings:
Welsh Cheddar Cheese
Tuna & Low-fat Mayonnaise
Prawns Marie Rose
Chilli Con Carne
Bacon & Cheese
Chicken Curry
Heinz Baked Beans & Welsh Cheddar

Sandwich Selection



All Sandwiches are garnished with Salad,
Coleslaw and Kettle Chips

Please choose from our delicious fillings, and
with which of our freshly baked breads you
would like your sandwich.

SELECTION OF SPECIAL BREADS:

White or Granary Bloomer £3.95
White or Wholemeal Baguette £4.25
Tortilla Wrap (Healthy Option) £4.25
Toasted Ciabatta £4.95

Free Range Chicken and Crispy Bacon with
Low Fat Mayonnaise

Llangloffan & Caerfai Cheddar with
Homemade Chutney

Loch Fyne Smoked Salmon with
Horseradish

North Atlantic Prawns with Tomato &
Brandy Sauce

Home Cooked Honey Glazed Ham with
Green Peppercorn Mustard

Roast Sirloin of Radnorshire Beef with
Piccalilli

Tuna & Low Fat Mayonnaise

Free Range Egg & Cress

NEW YORK DELI £6.00
(Served only on Bloomer)

HOT BAGUETTE £4.95
Crispy Bacon & Llangloffan & Caerfai
Cheddar served with Crisp Salad, Coleslaw
& Crisps



Gourmet Filling



For Sandwiches & Jacket Potato
A luxury for only an extra £1.25 to add on
to your regular sandwich/jacket potato
prices.

Cajun Chicken, Guacamole & Rocket

Char-grilled Mediterranean Vegetables with
Feta

Puddings



All: £4.75 each:

Warm Intense Chocolate Fudge Cake with
Vanilla ice Cream (V)

Smooth White Chocolate & Lime
Cheesecake

Wonderfully Sticky Toffee Pudding with
Butterscotch Sauce & Celtic Crunch Ice
Cream (V)

Warm Bramley Apple Crumble with Vanilla
Ice Cream & Custard

Various Flavours of Mary's Delicious
Farmhouse Organic Ice Cream (GW)

A Superb Selection of Local Cheeses &
Assorted Biscuits £5.95

Milk Shake

£3.50

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

Starters



Smoked Salmon with Rocket & Vietnamese
Dressing £6.95

Baked Field Mushrooms with Artichoke, Bacon,
Spinach & Cenarth Caerphilly £6.25

Smooth Chicken Liver Parfait, Fruit Chutney &
Toasted Rye Bread £6.95

Spencer's Salmon Fishcakes, Sautéed Baby
Spinach, Ginger & Spring Onion Mayonnaise

Starter: £5.95

Main Course with Chips: £10.95

The Metropole Prawn Cocktail with Avocado,
Quails Egg & Tomato Brandy £8.95

Soup of the Day £3.95

Salads

A Tian of Beetroot & Pine Nuts with
Sunflour Bread, Warm Goats' Cheese &
Romesco Sauce (V) £9.95

Chicken & Chorizo Salad with Red Pesto
Dressing (GW) £10.95

Cajun Blackened Salmon with Grapefruit
Salsa £12.95

Grilled Squid Salad on Bruschetta £9.95