



THE METROPOLE
HOTEL & SPA
★★★★



SPENCER'S BRASSERIE

lunch menu



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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.

RELAX WITH SOME NIBBLES

Alex Gooch's Focaccia with Balsamic Olive Oil & Sea Salt (V)	£1.65
Salami with Mixed Olives and Pickles	£2.20
Alex Gooch Sourdough topped with Welsh Rarebit (V)	£2.65
Alex Gooch's Focaccia Olives & Salami	£3.25
Grissini with Guacamole (V)	£2.20
<i>A selection of the above for 2 people to share</i>	£8.95



STARTERS

Spencer's Salmon Fishcakes with Sautéed Baby Spinach, Ginger & Spring Onion Remoulade Starter	£6.70
<i>Main Course with Chips & Salad</i>	£12.50
Spencer's Prawn Cocktail & Tomato & Brandy Sauce	£6.50
Roasted Focaccia with Garlic Mushrooms & Hallumi (V)	£6.20
Buffalo Mozzarella and Tomato Salad with Basil Dressing	£6.20
Smoked Salmon, Fennel and Red Onion Salad with Vietnamese Dressing	£6.50
Pressed Ham Hock Terrine with Ciabatta & Homemade Piccalilli	£6.50
French Onion Soup with Welsh Cheddar Croutons	£5.95
Fresh Pasta, Beef Bolognese and Parmesan	£6.70
Poached Pear with Cranberry & Walnut Salad (V)	£5.95



SALADS

Spencers House Salad	small	£5.30
Baby Gem, Cherry Tomato, Rocket, Parmesan and Spring Onion (V)	large	£6.90
Metropole Superfood Salad (V)		£12.50

Choose a Dressing

Add to your House Salad:

Caesar Dressing	Cajun Grilled Chicken Breast	£4.80
Vinaigrette	Grilled Salmon Fillet	£4.80
Blue Cheese	Strips of Fillet Steak	£5.30
Lemon Olive Oil	Grilled Hallumi & Lentil (V)	£5.30

Charred Salmon with New Potatoes and Horseradish Dressing **£12.50**

Spencer's Chicken Caesar Salad small **£7.30**
with Crispy Pancetta and Anchovies large **£10.85**

Ripe Crushed Free Range Avocado and Poached Egg on Alex Gooch Sourdough Bread (V) **£10.85**

MAINS

Cod in Real Ale Batter, Spencer's Chips and Pea Pûrée	£15.35
Braised Shank of Lamb, Red Wine Sauce and Roasted Shallots	£15.95
Free Range Chicken or Local Beef Fajitas, Guacamole, Sour Cream, Spicy Salsa and Flour Tortillas	£14.50
A Whole Rack of Baby Pork Ribs, Spicy Wedges and Coleslaw	£13.00
Traditional Welsh Steak & Kidney Pie with Crisp Puff Pastry, Cauliflower Cheese & Chips	£14.75
Free Range Chicken, Ham & Leek Pie topped with Puff Pastry & Chips	£14.50
Cauliflower, Broccoli and Leek Bake and Welsh Cheddar Sauce New Potatoes and Crisp Salad	£12.75
Vegetable Kebab with Hallumi served with Basmati Rice (V)	£12.95
Mushroom and Bean Fajitas served with Guacamole, Sour Cream, Spicy Salsa and Flour Tortillas (V)	£13.95

FROM THE CHAR-GRILL

8oz Local Beef Fillet Steak	£23.50
8oz 28 Day aged Rib Eye Steak	£20.25
Local Lamb Chops	£19.25
Gammon with 2 Fried Dolau Hen Eggs	£14.95
The Mighty Spencer's Mixed Grill - Steak, Lamb, Pork, Gammon, Sausage, Onion Rings, Black Pudding, Sweetcorn, Coleslaw & Chips	£24.95
Salmon Supreme	£15.25
Grilled Free Range Chicken Supreme topped with Bacon, Welsh Farmhouse Cheddar Cheese and BBQ Sauce	£14.75

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

Chips	
New Potatoes	
Dauphenoise Potatoes	
Sweet Potato Fries <i>upgrade</i>	£1.00
<i>Add: Peppercorn Sauce</i>	£1.15
<i>Barbeque Sauce</i>	£1.15

SPENCERS BURGERS

Classic 8oz Beef Burger	£12.95
Metropole Mega Double Burger	£15.95
Crispy Chicken Fillet – Free Range Chicken Breast with Panko Breadcrumbs Sweet Chili sauce wrapped in Tortilla	£13.25
Veggie Burger – a Spicy Mix of Beans with Mozzarella Cheese & Sweet Potato	£12.50
<i>Add: Crispy Bacon, Monterey Jack Cheese, Welsh Cheddar, Avocado, Chilli con Carne</i>	75p each

All Burgers come with chips, salad and tomato ketchup

Proudly Supporting Local Food Producers and Farmers

PASTA		
Traditional Italian Tagliatelle –	large	£13.25
	small	£6.75
<i>You choose your own sauce</i>		
1. <i>Beef Bolognese</i>		
2. <i>Free Range Chicken, Tame & Wild Mushrooms, Marjoram, Lemon and Mascarpone</i>		
3. <i>Vine Tomato and mozzarella sauce</i>		
Cannelloni with Spinach, Chard & Goat's Cheese (V)		£13.25
Add Garlic Bread		£1.45
SPENCER'S PANINI All £7.50 each		
<i>Served with Chips & Salad</i>		
Mozzarella, Tomato, Welsh Ham & Green Pesto		
Roasted Mediterranean Vegetables with Sunblushed Tomatoes		
Olives & Feta (V)		
Tuna, Sweetcorn & Melted Welsh Farmhouse Cheddar		
Free Range Chicken with Bacon & Brie		
Welsh Ham, Tomato & Welsh Farmhouse Cheddar		
SANDWICH SELECTION		
<i>All Sandwiches are garnished with Salad, Coleslaw and Tyrrells Crisps</i>		
Please choose your freshly baked bread and delicious fillings from the following options.		
<i>Selection Of Special Breads:</i>		
White or Granary Bloomer		£5.15
White or Wholemeal Baguette		£5.95
Tortilla Wrap (Healthy Option)		£5.75
<i>Selection Of Fillings:</i>		
Free Range Chicken and Crispy Bacon with Low Fat Mayonnaise		
Welsh Farmhouse Cheddar with Homemade Chutney (V)		
Smoked Salmon with Horseradish		
North Atlantic Prawns with Tomato and Brandy Sauce		
Home Cooked Welsh Gammon with Peppercorn Mustard		
Roast Welsh Beef with Piccalilli		
Tuna and Sweetcorn with Low Fat Mayonnaise		
Free Range Dolau Hens Egg & Cress (V)		
Char-grilled Mediterranean Vegetables with Feta Cheese (V)		
TOASTED SPENCER'S CLUB SANDWICH		£12.25
A Triple Decker of Free Range Chicken Breast, Crisp Bacon & Salad		
<i>Served with Chips and grated cheese</i>		
SPENCER'S HOT STEAK SANDWICH		£12.25
Alex Gooch's Award-Winning Focaccia with Hot Beef Steak with Balsamic Onions and Chips		
SPENCER'S HOT BAGUETTE		£6.25
Crispy Bacon with Welsh Farmhouse Cheddar, served with Crisp Salad, Coleslaw & Crisps		
SIDE ORDERS		All £3.10 each
Chips		
Onion Rings		
Sautéed Mushrooms		
Goopy Garlic Potatoes		
New Potatoes		
Sautéed Spinach		
Medley of Steamed Vegetables		
Mixed Salad		
Rocket, Cherry Tomato, Parmesan Salad		
Garlic Bread (<i>with cheese</i>)		
Sweet Potato Fries		
BAKED POTATOES All £6.50 each		
<i>Please select from the following fillings:</i>		
Welsh Farmhouse Cheddar (V)		
Tuna and Sweetcorn with Low-fat Mayonnaise		
North Atlantic Prawns with Tomato and Brandy Marie Rose		
Chilli Con Carne		
Bacon and Welsh Farmhouse Cheddar		
Heinz Baked Beans and Welsh Farmhouse Cheddar (V)		
Char-grilled Mediterranean Vegetables with Feta Cheese (V)		
TREAT YOURSELF TO A PUDDING		
Apple & Blackberry Crumble with Creamy Custard		
Sticky Toffee Pudding with Toffee Sauce		
Chocolate Torte with Berry Coulis + Cream		
Fresh Fruit Salad with Cream		
Affogato – Vanilla Ice Cream & Espresso Coffee		
Luscious Lemon Cheesecake with Fruit Coulis		
Mary's Farmhouse Ice Creams		
<i>Add Ice Cream to your dessert for an extra</i>		
Welsh Cheese & Biscuits		
Chef's Homemade Bread & Butter Pudding with Orange Syrup		
Milk Shakes All £3.95 each		
<i>Delicious Milk Shakes made with Mary's Farmhouse Organic Ice Cream</i>		
Chocolate		
Strawberry		
Banana		
Raspberry		

Before ordering please speak to our staff if you have a food allergy or intolerance. Many of our dishes are gluten free. Ask a member of staff for more information.

Please note our dishes are prepared in areas where allergenic ingredients are present, so we cannot guarantee that our dishes are 100% free of these ingredients.

