



SWALLOWS NEST



STARTERS

CAULIFLOWER BITES - 6.50

Served with spiced carrot and onion chutney (V)

HALLOUMI BITES - 7.50

Served with a salad garnish and sweet chilli sauce (VG, GFO)

BLANCHBAIT - 5.50

Breaded whitebait served with aioli

PRAWN COCKTAIL - 6.75

Served with ciabatta and butter (GFO)

SRIRACHA CHICKEN WINGS - 7.00

Served with a salad garnish (GF)

PORK BELLY BITES - 7.50

Served in a sticky apple sauce (GF)

SIDES

CHIPS - 3.50

FRIES - 3.50

ONION RINGS - 3.50

GARLIC BREAD - 3.50

(With cheese +50p)

COLESLAW - 2.40

MIXED SALAD - 2.80

CHILDREN'S

CHICKEN NUGGETS - 7.00

Served with fries and beans (GFO)

MARGARITA PIZZA 5" - 7.00

Served with fries and beans (VG)

SPAGHETTI BOLOGNESE - 6.00

Served with a garlic ciabatta

SAUSAGE AND MASH - 7.00

Served with garden peas and gravy

PIZZAS

MARGHERITA (VO) - 13.25

MEAT FEAST - 14.75

PEPPERONI - 4.25

HAWAIIAN - 14.25

**GOATS CHEESE & CARAMELISED ONION
- 14.25**

VEGETABLE (VO) - 13.75

MAINS

HOMEMADE WELSH BEEF LASAGNE - 15.25

Served with garlic ciabatta

HOMEMADE SPAGHETTI BOLOGNESE - 13.95

Garnished with parmesan and served with a garlic ciabatta

ASIAN BEEF SALAD - 15.75

Strips of rump steak in teriyaki sauce, topped with sesame seeds and fresh chillies; served on a bed of seasonal salad. (GFO)

CHINESE SALT AND PEPPER CHICKEN - 15.50

Served with rice and katsu curry sauce (GFO)

BLACKENED SALMON - 15.95

Served with wild rice and topped with a cilantro sauce (GF)

BATTERED COD AND CHIPS - 15.25

Served with mushy peas (GFO)

CHICKEN JALFREZI - 13.95

Served with wild rice and naan bread

HOMEMADE BEEF AND ALE PIE - 14.25

Served with mashed potatoes, peas and gravy.

FROM THE GRILL

100Z RUMP STEAK - 22.00

Served with mushroom, grilled tomato, onion rings, chips and homemade brandy peppercorn

100Z GAMMON STEAK - 15.75

Served with chips, pineapple and fried egg (GF)

HOMEMADE 8OZ WELSH STEAKBURGER - 15.75

Served on a brioche bun with bacon, cheese, lettuce and tomato, with fries and coleslaw (GFO)

VEGETARIAN BURGER - 12.25

Served on a brioche bun with burger sauce, with fries and coleslaw (VG)

DESSERTS

STICKY TOFFEE PUDDING - 6.75

Served with ice cream or custard

SALTED CARAMEL BROWNIE - 6.75

Served with Ice cream or cream (V)

ICE CREAM - 1.85 PER SCOOP

Vanilla (V) | Luxury Vanilla | Icy Strawberry

Triple Chocolate | Blackcurrant sorbet

(V) Vegan (VO) Vegan Option (VG) Vegetarian (GF) Gluten Free (GFO) Gluten Free Option
Please speak to a member of our team for allergen information