



## DAY MENU

### SANDWICHES

Made with local TanDderwen Bakery bread

Chicken, bacon and tomato mayonnaise



Contains: cereals (gluten), eggs, dairy, mustard, soya, sulphur dioxide

Egg mayonnaise



Contains: cereals (gluten), eggs, dairy, mustard, soya, sulphur dioxide

Home cooked ham, Welsh cheddar and pickle



Contains: cereals (gluten), dairy, mustard, soya, sulphur dioxide, egg

Tuna mayonnaise with balsamic leaf salad



Contains: cereals (gluten), eggs, fish, dairy, mustard, soya, sulphur dioxide

Poached salmon with lemon mayonnaise



Contains: cereals (gluten), eggs, fish, dairy, mustard, soya, sulphur dioxide

Turkey breast, sage and onion



Contains: cereals (gluten), eggs, dairy, mustard, soya, sulphur dioxide

### TOASTED PANINIS & Bloomers

Made with local TanDderwen bakery bread



Contains: eggs, dairy, mustard, soya, sulphur dioxide

Welsh Rarebit Bloomer



Contains: cereals (gluten), eggs, dairy, mustard, soya, sulphur dioxide

Tuna Mayonnaise and cheese melt



Contains: cereals (gluten), eggs, fish, dairy, mustard, soya, sulphur dioxide

Chicken, mozzarella and pesto panini



Contains: cereals (gluten), dairy, mustard, nuts, soya, sulphur dioxide, egg

### SALAD BOX

Full salad with pasta and coleslaw with choice of Turkey, Ham, Cheese, Tuna or Salmon (cold)



Contains: cereals (gluten), eggs, fish, dairy, mustard, soya, sulphur dioxide, sesame, nuts



## ALLERGEN MENU

### JACKET POTATOES

Melted Welsh Cheddar



Contains: dairy, soya, sulphur dioxide, egg, mustard

Tuna Mayonnaise



Contains: eggs, fish, dairy, mustard, soya, sulphur dioxide

Welsh Beef Chilli Con Carne



Contains: cereals (gluten), eggs, dairy, mustard, soya, sulphur dioxide

### ☆☆ PIZZA ☆☆☆

Made from our own hand rolled pizza dough

Margherita Classic cheese & tomato pizza



Contains: cereals (gluten), dairy, soya, sulphur dioxide

Hawaiian Ham, cheese & pineapple



Contains: cereals (gluten), dairy, soya, sulphur dioxide, celery

American Hot Pepperoni & jalapeño peppers



Contains: cereals (gluten), dairy, sesame seeds, soya, celery

Welsh Farmhouse Home cooked ham & mushroom

Contains: cereals (gluten), dairy, soya, sulphur dioxide, celery



Please see reverse for key of food allergens.



## Y STABLAU BURGERS

All meat from local herds and flocks, exclusively supplied by O.E. Metcalfe, Llanrwst. All burgers served in local bakery brioche rolls, with salad leaves, relish, coleslaw and chips.



8oz Welsh Beef Burger



Contains: celery, cereals (gluten), mustard, soya, sulphur dioxide, egg, dairy

8oz Lamb Burger



Contains: cereals (gluten), eggs, dairy, mustard, soya, sulphur dioxide, egg

Hot Chicken Burger

Chargrilled Chicken Breast & Bacon



Contains: cereals (gluten), mustard, soya, egg, dairy

Welsh Dragon Burger

Chilli spiced beef burger with jalapeños



Contains: cereals (gluten), eggs, dairy, mustard, soya, sulphur dioxide, egg, dairy

The Welsh Burger

8oz Beef Burger Rarebit Topping



Contains: cereals (gluten), eggs, dairy, mustard, soya, sulphur dioxide, egg, dairy

The Snowdon Burger

16oz of prime Welsh beef smothered with layers of Welsh rarebit



Contains: cereals (gluten), eggs, dairy, mustard, soya, sulphur dioxide

## ORIENTAL

Sticky Chilli Fillet Steak,

Pak choi and sesame seeds, steam rice



Contains: cereals (gluten), sesame seeds, soya, sulphur dioxide, celery

Grilled Salmon Fillet

with Asian style noodles



Contains: cereals (gluten), eggs, fish, sesame seeds, soya, sulphur dioxide, celery



## CLASSICS

Chicken and Smoked Bacon Penne Pasta  
*Onions, mushrooms and white wine cream sauce*



Contains: celery, cereals (gluten), dairy, soya, sulphur dioxide

Homemade Beef Lasagne  
*Mixed leaf salad garnish*



Contains: cereals (gluten), eggs, dairy, mustard, soya, sulphur dioxide

Half Roast Chicken  
*Chips, gravy, grilled tomato and mushroom garnish*



Contains: cereals (gluten), soya, sulphur dioxide, celery

Homemade Chilli Con Carne  
*With basmati rice*



Contains: celery, cereals (gluten), mustard, soya, sulphur dioxide

## WOK COOKED CURRIES

WITH EITHER STEAMED RICE, CHIPS OR HALF & HALF UNLESS STATED

**Tikka masala** chillies, tomato, turmeric,  
paprika, cumin, coriander, yoghurt



Contains: dairy, mustard, soya, sulphur dioxide

**Green Thai** green chillies, lemongrass, galangal,  
coriander, coconut milk, Thai fish sauce



Contains: fish, dairy, soya, sulphur dioxide, crustaceans

Chicken - King Prawn  
Mixed Vegetable



## VEGGIE

Chickpea, Spinach and Tomato Curry *with rice (Vegan)*



Contains: celery, cereals (gluten), soya, sulphur dioxide

Mushroom and Vegetable Stroganoff *with basmati rice*



Contains: celery, cereals (gluten), dairy, mustard, soya, sulphur dioxide

## FISH

Y Stablaw Welsh Beer Battered Fish  
*Chips, tartare sauce and mushy peas*



Contains: cereals (gluten), eggs, fish, mustard, soya, sulphur dioxide

Wholetail Scampi in a Basket  
*Chips, mixed leaf salad and Marie Rose sauce*



Contains: cereals (gluten), crustaceans, eggs, fish, dairy, soya, sulphur dioxide, celery, mustard

## SALADS & PLATTERS

(v) Superfood Salad  
*Quinoa, beetroot, roast pepper and chickpeas  
with mixed salad leaves and grapes*



Contains: cereals (gluten), mustard, soya, sulphur dioxide, nuts, sesame

*With added Salmon or Chicken*



Contains: cereals (gluten), fish, mustard, soya, sulphur dioxide, nuts, sesame

Welsh Cheese Ploughmans Salad  
*Half pork pie and bread*



Contains: celery, cereals (gluten), eggs, dairy, mustard, nuts, soya, sulphur dioxide



## SIDES

Toasted Garlic Ciabatta  
*With melted cheese*



Contains: cereals (gluten), dairy, soya

Battered Onion Rings



Contains: cereals (gluten), soya, sulphur dioxide

Chips



Contains: gluten, soya

Cheesy Chips



Contains: gluten, dairy, soya

Sweet Potato Skinny Fries



Contains: soya, gluten

Side Salad



Contains: eggs, dairy, mustard, soya, sulphur dioxide

Homemade Coleslaw



Contains: eggs, dairy, mustard, sulphites

Naan Bread



Contains: cereals (gluten), dairy

Nachos  
*with melted cheese,  
jalapeños, salsa and soured  
cream dip*



Contains: dairy, sulphur dioxide



## CHILDREN'S MENU

Homemade Cheese and  
Tomato Pizza Slice  
with Chips



Contains: cereals (gluten), dairy, soya, celery

Battered Chicken Breast  
*Pieces with Chips and Peas*



Contains: cereals (gluten), soya

Sausage, Chips & Gravy



Contains: celery, cereals (gluten), eggs, dairy, mustard, soya, sulphur dioxide

Chicken Tikka *with Rice*



Contains: dairy, mustard, soya, sulphur dioxide

Cold Ham  
*with New Potatoes and Peas*

Fish Fingers  
*with Chips & Peas*



Contains: cereals (gluten), eggs, fish, dairy, soya, sulphur dioxide

Cheese Omelette



Contains: eggs, dairy, soya

Ham and Cheese Penne Pasta



Contains: cereals (gluten), dairy, soya, sulphur dioxide



CELERY



GLUTEN



CRUST-  
ACEANS



EGGS



FISH



LUPIN



DAIRY



MOLLUSCS



MUSTARD



NUTS



SESAME



SOYA



SULPHUR  
DIOXIDE



PEANUTS

Please see a key of food allergens below. If you can't see the information you need or are unsure of anything please ask a member of the team.  
Due to our cooking processes, some items could contain allergen traces transferred from other food being cooked at the same time