



Glasfryn ~ Daily Menu

~ Tuesday 9th April 2024 ~

Starters and Nibbles

- Butternut squash and sage soup** roasted pumpkin seeds, GF seeded bread (v, gf) 488 kcal 7.25
- Chicken liver pâté**, onion chutney, toasted bloomer 470 kcal 7.95
- Char-grilled bruschetta**, burrata, oven-dried tomatoes and basil pesto (v) 702 kcal 9.95
- Black pudding**, potato pancake, fried egg, mustard sauce (gf) 361 kcal 7.95
- Tempura asparagus**, tomato coulis, roasted almonds, heritage tomatoes (vg, gf) 483 kcal 10.95
- Breaded hake scampi**, pea purée, caper mayonnaise, fennel salad (gf) 508 kcal 8.95
- Marinated Greek olives (vg, gf) 156 kcal 4.50
- Spanish tortilla, aioli (v, gf) 542 kcal 5.95
- Chicken wings, gochujang ketchup (gf) 551 kcal 6.75
- Crispy squid, sweet chilli 435 kcal 6.95
- Halloumi fries, tomato relish (v, gf) 538 kcal 6.95
- Cauliflower, red onion bhaji, mango chutney (vg, gf) 279 kcal 5.25
- Prawns pil pil, roquito peppers, crostini (gfa) 567 kcal 7.95

Mains

- Summer vegetable risotto**, coconut feta, broad beans, radish, asparagus, lemon (vg, gf) 464 kcal 15.95
- Beef cottage pie**, buttered broccoli, glazed carrots (gf) 934 kcal 15.95
- Yakitori Chicken Burger**, wasabi mayonnaise, Asian slaw, fries 1545 kcal 16.95
- Salmon fillet**, lemon thyme and honey butter, roast chicory, pickled grape, new potato salad (gf) 774 kcal 22.95
- Buttercross farm pork and leek sausages**, buttered mashed potatoes, onion gravy (gf) 924 kcal 16.95
- Braised feather of beef**, dauphinoise potato, wild mushroom, pancetta, red wine jus (gf) 772 kcal 19.95
- Spanish fish stew**, 'Suquet' almond and parsley dressing, charred sourdough bread 1134 kcal 19.95
- Curried lentil cottage pie**, saag aloo potatoes, carrot bhaji, coconut mint yoghurt (vg, gf) 581 kcal 16.95
- Chicken, wild mushroom pie**, buttered mash, green vegetables, white wine and tarragon sauce (gf) 1407 kcal 16.95
- Roasted chicken breast**, charred corn, potato rosti, air dried ham, roast chicken gravy (gf) 874 kcal 17.95
- Cured pork loin steak, fondant potato**, cafe de Paris butter, hispi cabbage, Bramley apple puree 1103 kcal 17.95
- Crispy beef salad**, sweet chilli sauce, roasted cashew nuts (gf) 840 kcal 16.95
- Beer battered fish and chips**, mushy peas, tartare sauce (gf) 1285 kcal 16.95
- 9oz rump heart steak**, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1438 kcal 24.95
- Braised shoulder of lamb**, minted new potatoes, seasonal vegetables, rosemary gravy (gf) 939 kcal 24.95
- Smoked haddock and salmon fishcakes**, tomato, spring onion salad (gf) 884 kcal 14.95
- Steak burger**, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, chips 1384 kcal 16.95

Sides

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| Chunky chips (vg, gf) 535 kcal 4.45 | Fries (vg, gf) 377 kcal 4.45 | Buttered Mash (v, gf) 257 kcal 4.25 |
| Onion rings (vg, gf) 250 kcal 4.45 | Garlic bread (v) 426 kcal 4.95 | Peppercorn sauce (gf) 144 kcal 2.95 |
| Garlic bread, cheese (v) 621 kcal 5.95 | Mixed salad (vg, gf) 99 kcal 4.95 | |

Light Bites

Leek, ricotta and gruyère quiche, apple remoulade, warm potato salad (gf) 1096 kcal 12.95

Chargrilled Shawarma Chicken, flat bread, minted yogurt, spicy mango sauce 529 kcal 10.95

Rump steak sandwich, Dijon tarragon mayonnaise, balsamic onions, sun blush tomatoes, chips 1120 kcal 14.95

Pecorino, truffle and potato hash brown, wild mushrooms, spinach, poached eggs, hollandaise (gf) 570 kcal 12.95

Fish finger sandwich, tartare sauce 675 kcal 11.95

Puddings and Cheese

Caramel and chocolate chip cheesecake, chocolate sauce 742 kcal 7.95

Damson sponge, damson plum compote, vanilla custard (v) 572 kcal 7.95

Hot waffle, caramelised banana, toffee sauce, honeycomb ice cream (v) 796 kcal 7.45

Raspberry ripple Arctic slice, white chocolate sauce (v) 378 kcal 8.45

Sticky toffee pudding, toffee sauce, vanilla ice cream (v, gf) 752 kcal 7.95

Triple chocolate brownie, chocolate sauce, vanilla ice cream (v, gf) 958 kcal 7.95

A selection of Welsh cheeses, biscuits, quince, chutney, grapes, celery 889 kcal 11.95

Snowdonia Black Bomber -Deliciously rich flavour with a smooth creaminess, a Cheddar cheese lasts long on the palate and remains demandingly moreish.

Snowdonia Amber Mist - mouthwatering mature Cheddar with the rich, warming notes of Scotch whisky

Snowdonia Green Thunder - Balancing rich roasted garlic with aromatic garden herbs, Fresh, smooth and creamy.

Snowdonia Bouncing Berry - with real cranberries, its creamy, light texture, adds a sweet and fruity twist.

Cheshire Farm Ice Creams and Sorbets

Ice creams; Honeycomb (v, gf) 137 kcal , Chocolate (v, gf) 127 kcal , Coconut (v, gf) 219 kcal , Strawberry (v, gf) 122 kcal ,
Vanilla (v, gf) 127 kcal

Sorbets; Blackcurrant Sorbet (vg, gf) 68 kcal , Lime (vg, gf) 63 kcal , Raspberry Sorbet (vg, gf) 68 kcal

Three scoops (vg, gf) 7.50 , Two scoops (vg, gf) 5.00 , One scoop (vg, gf) 2.50

Coffees and Hot Drinks

Cappuccino (v, gf) 127 kcal 3.95

Cafetière of coffee (v, gf) 47 kcal 3.95

Double espresso (vg, gf) 0 kcal 3.75

Americano (vg, gf) 0 kcal 3.75

Hot chocolate (v, gf) 298 kcal 4.45

Latte (v, gf) 128 kcal 3.95

Espresso (vg, gf) 0 kcal 3.45

Flat white (v, gf) 47 kcal 3.95

Selection of tea (v, gf) 24 kcal 3.95

Hot Drink with a Small Pudding

Waffle, honeycomb ice cream, toffee sauce (v) 490 kcal 8.45

Triple chocolate brownie, vanilla ice cream, chocolate sauce (v, gf) 580 kcal 8.45

Sticky toffee pudding, vanilla ice cream (v, gf) 433 kcal 8.45

Adults need around 2000 kcal a day. We always advise you to speak to a member of staff if you have any food allergies or intolerance. We are happy to provide you with the allergen guidelines to support you in making your own menu choice; however we cannot recommend or tell you what is suitable for you to eat or drink. We declare the main fourteen allergens, but we are unable to give information on allergens outside of this. Where we offer gluten free dishes, controls are in place to ensure that dishes contain less than 20ppm gluten. There may be a risk of cross contamination during the processing stage of the ingredients by our suppliers and in our busy kitchen. This means that we can never guarantee a dish is completely free from any allergens or specific ingredients.
v - vegetarian, vg - vegan, gf - gluten free, gfa - gluten free adaptable, just ask.