



## Pen-y-Bryn ~ Daily Menu

~ Wednesday 10th April 2024 ~

### Cocktails

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Espresso Martini 9.95

Amaretto Sour 9.95

Old Fashioned 9.95

Passionfruit Martini 10.95

Lychee Martini 9.95

Cosmopolitan 9.95

### Starters and Nibbles

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**Broccoli and blue cheese soup**, (v, gfa) 582 kcal 7.25

**Chargrilled asparagus**, pea purée, goats curd, radish, lemon oil (v, gf) 298 kcal 9.95

**Lamb faggot**, smashed peas, capers, apricots, mint (gf) 347 kcal 8.45

**Glamorgan fritters**, spiced tomato sauce (vg, gf) 400 kcal 7.95

**Chicken liver pâté**, carrot and apricot chutney, toasted bloomer (gfa) 586 kcal 8.50

**King prawn cocktail**, buttered seeded bread (gfa) 562 kcal 9.95

Prawns pil pil, roqueto peppers, crostini (gfa) 567 kcal 7.95

Bacon, mustard, honey, chilli chipolatas (gf) 547 kcal 6.75

Garlic and basil Halkidiki olives (vg, gf) 174 kcal 5.25

Halloumi fries, hoi sin, cucumber (v) 652 kcal 6.95

Beetroot hummus, torn pitta crisps (vg) 380 kcal 6.25

Sticky five spiced chicken wings (gf) 464 kcal 6.95

Crispy squid, sweet chilli mango 422 kcal 6.95

### Mains

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Look out for our weekly changing fish special board!

**Chicken Milanese**, garlic and sage butter, goat's curd, lemon green salad, new potatoes (gf) 636 kcal 18.95

**Black truffle and ricotta tortellini**, celeriac purée, spring onion and crispy sage (v) 464 kcal 16.95

**Pork, leek and Snowdonia Red Storm cheese sausages**, buttered mashed potatoes, onion gravy (gf) 957 kcal 16.95

**Chicken, ham and leek pie**, buttered mash, green vegetables, white wine and tarragon sauce (gf) 1333 kcal 18.95

**Bacon chop, with colcannon mash**, crispy black pudding, mustard sauce, apple puree (gf) 856 kcal 17.95

**Sweet potato, aubergine and spinach Malaysian curry**, coconut rice, pak choi (vg, gf) 731 kcal 16.95

**Beef feather braised in Snowdonia Ale**, mustard mash, roast onion and greens 857 kcal 21.95

**Fish pie**, salmon, smoked haddock, king prawns, boiled egg, French style peas (gf) 1111 kcal 20.95

**Steak burger**, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, chips 1384 kcal 16.95

Add pulled pork bang bang (gf) 113 kcal 2.95

**Beer battered fish and chips**, mushy peas, tartare sauce (gf) 1285 kcal 16.95

**7oz Black Angus fillet steak**, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1212 kcal 31.95

**Smoked haddock and salmon fishcakes**, tomato, spring onion salad (gf) 851 kcal 16.95

**Crispy beef salad**, sweet chilli sauce, roasted cashew nuts (gf) 779 kcal 16.95

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Adults need around 2000 kcal a day.

Pen-y-Bryn - [www.penybryn-colwynbay.co.uk](http://www.penybryn-colwynbay.co.uk) - 01492 533 360

## Sides

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Chunky chips (vg, gf) 535 kcal 4.50	Fries (vg, gf) 377 kcal 4.50	Onion rings (vg, gf) 250 kcal 4.45
Garlic bread (v) 426 kcal 4.75	Garlic bread, cheese (v) 621 kcal 4.95	Mixed salad (vg, gf) 99 kcal 4.75
New potatoes (v, gf) 218 kcal 3.95	Buttered vegetables (v, gf) 200 kcal 4.50	Peppercorn sauce (gf) 144 kcal 2.95

## Light Bites

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**Sticky five spiced chicken thigh**, cucumber, spring onion, hoisin and pancakes 615 kcal 12.95

**Open prawn sandwich**, Marie Rose, rocket and cucumber salad (gfa) 497 kcal 10.95

**Fillet steak sandwich**, Dijon tarragon mayonnaise, balsamic onions, sun blush tomatoes, chips 996 kcal 14.45

**Smoked salmon, watercress and spinach quiche**, crème fraîche new potatoes, fennel, samphire (gf) 723 kcal 14.50

**Sautéed wild mushrooms on toasted ciabatta**, garlic, spinach, truffle oil (vg) 687 kcal 11.95

**Open smoked salmon sandwich**, chive cream cheese, granary bread, pickled cucumber (gfa) 361 kcal 10.95

**Fish finger sandwich**, tartare sauce 675 kcal 10.95

## Puddings

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**Mint choc chip and dark chocolate Arctic slice**, chocolate sauce (v) 539 kcal 7.95

**Dark chocolate salted caramel tart**, raspberry sorbet (vg) 316 kcal 7.95

**French fine apple tart**, toffee sauce vanilla ice cream (v) 773 kcal 8.75

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

**Mascarpone and lemon cheesecake**, raspberry sorbet (v) 510 kcal 8.95

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

**Tiramisu**, chocolate sauce, mocha ice cream (v) 629 kcal 7.95

**Warm waffle**, toffee sauce and honeycomb ice cream (v) 777 kcal 7.95

## Cheshire Farm Ice Cream and Sorbets

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Choose any of the below for 2.50 per scoop

Vanilla (v, gf) 127 kcal	Chocolate (v, gf) 127 kcal	Strawberry (v, gf) 122 kcal
Bramley Apple Sorbet (vg, gf) 65 kcal	Honeycomb (v, gf) 137 kcal	Lemon Sorbet (vg, gf) 74 kcal
Raspberry Sorbet (vg, gf) 68 kcal	Blackcurrant Sorbet (vg, gf) 68 kcal	Raspberry Ripple (v, gf) 128 kcal

## Cheeseboard

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**A selection of Welsh cheeses**, biscuits, quince, chutney, grapes, celery 889 kcal 12.95

Perl Wen Brie (creamy, buttery brie), Snowdonia Green Thunder (Cheddar with garlic & herbs), Perl Las (creamy soft blue cheese), Snowdonia Pickle Power (cheddar with pickled onion) & Beechwood Cheddar (smoked cheese)

## Small Pudding and a Hot Drink

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**Tiramisu**, chocolate sauce, mocha ice cream (v) 510 kcal 8.45

**Mint choc chip and dark chocolate Arctic slice**, chocolate sauce (v) 274 kcal 8.45

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

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

**Mini hot waffle**, honeycomb ice cream (v) 520 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.