

Glasfryn Mother's Day Menu

Two courses £34.95, Three courses £41.95

Starters and Nibbles

Spicy sweetcorn soup, red pepper and sweetcorn salsa, warm seeded roll (v, gfa) 607 kcal

King prawn cocktail, buttered seeded bread (gfa) 577 kcal

Duck fritter, plum sauce, pak choi and radish salad, szechuan pepper crisp (gf) 357 kcal

Basil pannacotta, heritage tomato salad, gazpacho dressing (vg) 327 kcal

Baked camembert, truffle honey, walnuts, rosemary, focaccia croutes (v) 846 kcal

Chicken liver pâté, onion marmalade, toasted bloomer (gfa) 571 kcal

Crispy panko crusted salmon, pea purée, sauce vierge (gf) 378 kcal

Mains

All roasts are served with duck fat roast potatoes, seasonal vegetables and gravy

Roast beef (served pink), with Yorkshire pudding (gfa) 1182 kcal

Roast shoulder of lamb, rosemary red wine gravy (gf) 1467 kcal

Roast loin of pork, sage and apple stuffing, crackling apple sauce (gf) 995 kcal

Beetroot, spinach and Beluga lentil Wellington, hasselback potatoes, redcurrant and red wine jus (vg)

457 kcal

Smoked haddock, hake, King prawn and mussel chowder, samphire and chives (gf) 571 kcal

Cauliflower Milanese, spicy black olive and tomato linguine, garlic oil, rocket (vg) 714 kcal

Pan fried sea bass, braised fennel, baby potatoes, samphire, fish velouté (gf) 720 kcal

Slow roasted duck leg, bubble and squeak, peas, broad beans, cavolo nero (gf) 919 kcal

Sides

Yorkshire pudding (v) 234 kcal 1.45

Fries (vg, gf) 377 kcal 4.95

Chunky chips (vg, gf) 535 kcal 4.95

Cauliflower cheese (v, gf) 383 kcal

Pigs in blankets, gravy (gf) 423 kcal

Buttered Mash (v, gf) 287 kcal 4.75

5.95

6.95

Puddings

Prosecco and passion fruit trifle (vg) 481 kcal

Triple chocolate brownie, chocolate sauce, vanilla ice cream (v, gf) 899 kcal

Sticky toffee pudding, toffee sauce, vanilla ice cream (v, gf) 652 kcal

Tiramisu Arctic slice, espresso and Tia Maria syrup (v) 470 kcal

Apple and cinnamon pie, vanilla custard (v, gf) 499 kcal

Hot waffle, caramelised banana, salted caramel sauce, honeycomb ice cream (v) 770 kcal



Selection of British Cheese, spiced apricot chutney, biscuits 525 kcal
Please speak to a member of staff if you have any food allergies or intolerances before ordering. For calories and allergen information please scan this QR or ask a crew member for assistance.

Gluten Free - Where we offer gluten free dishes, controls are in place to ensure that dishes contain no more than 20 parts per million gluten.

v - vegetarian, vg - vegan, gf - gluten free, gfa - gluten free adaptable, just ask.

Glasfryn - www.glasfryn-mold.co.uk - 01352 750 500