

FLAT ROCK

BAR - CAFE - BISTRO



Summer Menu 2017

Appetisers

Bowl of Olives with Crusty Bread (v,g,e,n,se,sd) £3.95

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Chopped Chorizo cooked in a Cider Sauce, with a Crusty Bread Roll (sd,n,g,e,se) £3.95

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Tortilla Chips with Roasted Red Peppers & Chilli Houmous (se) £3.95

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Starters

Homemade Soup of the Day, with a Warm Bread Roll (g,s,d,c,n,se) £4.95

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Deep Fried Brie Wedge with Black Cherry Compote (d,g,e,s) £5.95

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Smoked Salmon, Beetroot & Apple Salad & Horseradish Crème Fraiche (f,d,e,mu) £6.95

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Parma Ham, Fig & Blue Cheese, served on a bed of Rocket (d,sd) £5.95

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Chicken Liver & Brandy Pate, served with a Salad Garnish, Bread Roll & Chutney (d,n,g,s,c,se,e) £5.95

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Prawn & Crayfish Salad served with Bread Roll & Salad Garnish (cr,s,e,d,g,n) £6.95

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Mushrooms stuffed with Cream Cheese & Chives, served on a bed
of Rocket with Balsamic Glaze (d,sd)

£6.95

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Flatbread Sharer - A Garlic Flatbread and a Tomato & Basil Flatbread topped
with melted mozzarella with a Garlic Mayo & Salsa Dip (e,d,g,s,n,se) £9.95

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Main Courses

Traditional Beef Lasagne (g,d,s,f,e) £10.95

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Homemade Chilli Beef Burger, topped with Bacon & Red Devil Cheese served in a
Tomato & Olive Flatbread, with Salad, Coleslaw, Onion Rings & Skinny fries (d,g,e,mu) £15.95

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Taverners Chicken: Chicken Breast, topped with Crispy Bacon & Cheese, with
Barbeque Sauce (d) £11.95

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Beer Battered Cod Fillet with Minted Mushy Peas (f,g,e,mu) £10.95

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Pork Tenderloin with Panfried Scallops in a Garlic Butter (d,cr) £19.95

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Breaded Scampi served with Tartare Sauce (g,e,mu,cr) £9.95

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Smoked Duck Breast Salad with Pomegranate, Orange & Walnuts (n,mu) £13.95

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Pan-fried Seabass. Served on a bed of Roasted Vegetables with a Leek, Cockle &
Cream Sauce (d,f,g,m,s,c) £16.95

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Paprika Seared Salmon, served on a bed of Spinach, with Sweet Potatoes and a
Caper and Lemon Butter (f,d,c) £14.95

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Seafood Linguini, a blend of cooked Mussels, King Prawns, Squid Tentacles & Rings
in a Crab & Cream Sauce (d,g,e,cr,m) £15.95

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MEALS ARE SERVED WITH CHIPS OR POTATOES & SALAD OR VEGETABLES (G,F,MU,CR)

Vegetarian Selection

Baked Aubergine filled with Ratatouille & topped with Melted Cheese, served with a Rocket, Walnut & Cherry Tomato Salad & Balsamic Glaze. (v,sd,vegan) £9.95

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Moroccan Nut Roast: Moroccan spiced Brown Rice, with Sultanas, Apricots & Cranberries, with a Butternut Squash Chutney & Flaked Almonds (v,c,sd,n) £11.95

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Mushroom & Mozzarella Burger: Mushrooms with Potato & Mozzarella Cheese, Spring Onion & Pesto, served in a toasted Ciabatta with Salad, Coleslaw, Onion Rings & Skinny Fries (v,d,g,sd,mu,e) £12.95

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From The Grill

Prime Fillet of Welsh Beef

Served with Mushrooms, grilled Tomato & Onion Rings (g,d) £21.95

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Prime Welsh Sirloin Steak

Served with Mushrooms, grilled Tomato & Onion Rings (g,d) £18.95

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Grilled Gammon Steak with Egg or Pineapple (e) £11.95

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Minted Lamb Cutlets, Garlic & Rosemary Roast Potatoes & Peas with a Mint Jus (g) £14.95

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*ALL MEALS ARE SERVED WITH CHIPS OR POTATOES
AND SALAD OR VEGETABLES (G,F,MU)*

Side Orders

Homemade Chips (g,f,cr)	£1.95
Sweet Potato Chips (g,f,cr)	£2.50
Skinny Fries (g,f,cr)	£1.95
Jacket Potato	£1.95
Portion of Vegetables	£1.95
Side Salad (mu)	£1.95
Garlic Bread (d,g)	£2.95
Garlic Bread & Mozzarella (g,d)	£3.50
Onion Rings (g,f,cr)	£2.50
Bread Roll or Bread & Butter (g,e,d,n,s)	50p
Portion of Peas	95p

Sauces

Peppercorn Sauce (d,g,s)	£2.25
Madeira Sauce (d,g,s)	£2.25
Blue Cheese Sauce (d,g,s,f)	£2.50

All items on the menu are made on the premises using fresh local ingredients where possible. Please let us know of any dietary requirements or allergies you have.

Dinner, Bed & Breakfast guests have a £20 allowance towards starter and main course, desserts and coffee are included.



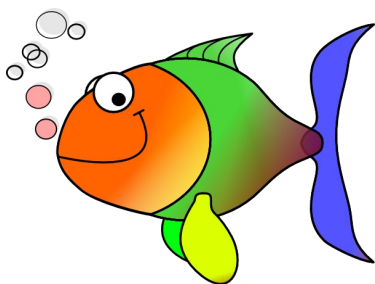
Children's Menu

Pick a Main

Homemade Beef Lasagne (g,d,s,f)	£5.95
Pork Sausages (g,s,sd)	£4.95
Chicken Nuggets (g)	£5.95
Breaded Scampi (cr,g)	£5.55
Penne Bolognese & Garlic Bread* (f,g,e)	£5.95

Choose One Side

Chips (g,f,cr)
New Potatoes
Mashed Potatoes (d)
Penne Pasta



Choose Another Side

Baked Beans
Peas
Sweetcorn
Cherry Tomatoes
Cucumber

* Not Served with a choice of sides.
Available for ages 12 and under.

We cannot guarantee that our dishes are nut free.



Light Bites

(Served Lunchtimes only 12-2.30pm)

Baguettes & Paninis - Half £5.50 Whole £6.95

Choose half or full size, served with Chips or Crisps, Coleslaw & Salad (g,s,d,mu,se)

Tuna & Sweetcorn Mayonnaise (f,e)

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Ham & Cheese (d)

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Prawns in a Marie Rose Sauce (cr,e)

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Tuna & cheese Melt (f,d)

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Sausage & Red Onion Marmalade (g,s,sd)

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Bacon, Lettuce & Tomato

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Cajun Chicken, Brie & Mango (d)

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Tomato, Mozzarella & Pesto (d,n)

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Jacket Potatoes served with Coleslaw & Salad Garnish (e,mu)

Prawns in a Marie Rose Sauce (cr,e) £6.95

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Cheese (v,d) £4.95

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Ham & Cheese (d) £5.95

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Beans & Cheese (v,d) £4.95

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Tuna & Sweetcorn mayonnaise (v,f,e) £4.95

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Bolognese (f) £5.95

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Ploughman's - Ham, Scotch Egg, Cheese, Mixed Salad, Pickles,
Chutney & Chunky Bread (g,s,e,d,sd) £7.95

Allergy Key

v= vegetarian, d= dairy, g= contains gluten, n= contains nuts, p = contains peanuts,
e = contains eggs, f= contains fish, cr = contains crustaceans, m= contains molluscs, s=contains soya, c=contains celery, mu =
mustard, se=contains sesame seeds,
l=contains Lupin, sd = contains sulphur dioxide.

Red Wines

Bottle (75cl)

1. **McGuigans Black Label Shiraz (B) (Australia)** £16.95
Rich, ripe plum, spice and blackberry fruit flavours with subtle oak.
Rounded & fruity with good depth and intensity of flavour.
2. **Finca Flichman Malbec (B) (Argentina)** £16.95
Full and fruity, packed with flavours of spiced plum fruit with soft tannins providing the structure.
3. **Petirrojo Reserva Merlot (B) (Chile)** £16.95
Light plummy notes on the nose and ripe berry fruit with soft tannins on the palate make for a very smooth and balanced wine
4. **Ladera Verde Cabernet Sauvignon (B) (Chile)** £16.95
A silky smooth red with blackcurrant aromas.
5. **Fontana D'Italia Sangiovese (B) (Italy)** £17.95
A Fruity and Juicy with vibrant redcurrant and cherry fruit flavours and a hint of violet leading to a smooth finish
6. **Flying Zebra Pinotage (B) (South Africa)** £16.95
Ripe, soft and intensely fruit flavoured. Medium bodied with vibrant fruit flavours
7. **Marques de Caceres Rioja Tempranillo (B) (Spain)** £19.95
A silky smooth elegant wine. Aged in the finest oak barrels and then in bottles to develop its rich fruit structure and complexity
8. **Tanners Claret (C) (France)** £19.95
Soft, & juicy style of claret
Half Bottle (37.5cl) £11.95
9. **Ladera Verde Merlot (37.5cl)** £9.95
A rich ripe & fruity character
10. **Pier 42 Merlot (Chile)** £15.95
Soft, generous with plenty of cherry & plum flavours
Glass Small £4.80 / Large £5.50
11. **Pier 42 Shiraz (Australian)** £15.95
Classy, medium bodied with a crunchy black cherry fruitiness
Glass Small £4.80 / Large £5.50
12. **Castillo Clavijo 2011 Crianza Rioja (B) (Spain)** £16.95
A blend of tempranillo & garnache grapes. Flavours of red fruit & vanilla with a hint of liquorice
Glass Small £4.80 / Large £5.50

Key:

A - light bodied B - light/medium bodied C - medium bodied
D ~ medium/full bodied E - Full bodied

Glass servings SMALL 175ml / LARGE 250ml

White Wines

Bottle (75cl)

13. La Joya Viognier Gran Reserva (3) £18.95
(Chile)
Notes of white peach and ripe apricots. Refreshing and balanced with nice and complex fruity notes
14. Cawstons Crossing Chenin Blanc (3) £16.95
(South Africa)
Bursting with guava, ripe apple & pear. Refreshing & lively
15. Ducs De Bretagne Muscadet Sevre Et Maine 2014 (1) £16.95
(France)
An attractive white with a crisp acidity that is ideal with sea food
16. Fontana D'Italia Trebbiano (3) £16.95
(Italy)
A fresh and light wine with delicate aromas of white melon and refreshing citrus fruit flavours
17. Pier 42 Pinot Grigio (2) £15.95
(Italy)
Pale lemon in colour with delicate apple & zingy citrus fruit flavours ending in a crisp refreshing finish
Glass Small £4.80 / Large £5.50
18. Pier 42 Chardonnay (2) £15.95
(Australian)
Pale golden in colour with peach & tropical fruit flavours
Perfectly balanced with a clean refreshing finish
Glass Small £4.80 / Large £5.50
19. Pier 42 Sauvignon Blanc (3) £15.95
(Chile)
Fresh, zesty, easy drinking with limey fruit flavours
Glass Small £4.80 / Large £5.50
20. Valencia Sweet White (5) £15.95
Soft & Fruity, best served chilled
Glass Small £4.80 / Large £5.50

Key:

1-dry / 2-medium dry / 3-medium / 4-medium sweet / 5 -sweet

Glass Serving SMALL 175ml / Large 250ml

Rose Wines

Bottle (75cl)

22. **Winston Hill Zinfandel Rose** £17.95
(California)
Delicate and refreshing with delicious soft fruit flavours of strawberry, raspberry and melon.
23. **Pier 42 Shiraz Rose** £15.95
(Australian)
Light & easy drinking with pleasant acidity with a lovely blackberry flavour
Glass Small £4.80 / Large £5.50

Sparkling & Champagne

24. **Robe D'or Brut** £19.95
An elegant dry flavour with a long attractive finish
25. **Robe D'or Brunt Demi Sec** £19.95
A dry flavour with an attractive finish
26. **Paul Langier Brut Champagne** £29.95
An outstanding cuvee blended from Pinot Noir, Pinot Meunier and Chardonnay grapes. A stylish dry wine offering ripe fruit and a biscuit finish
27. **Bollinger Champagne** £49.95
Bone Dry, full bodied wine with a classic biscuity finesse
28. **Italia Prosecco D.O.C Brunt** £20.95
Gently aromatic with crisp delicate apple flavours
Vino Spumante Prosecco Doc 200ml £5.95
29. **Friexenet Rose 75cl** £17.95
A delicate and sweet taste
Friexenet Mia Moscato 200ml £5.95

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