

# FLAT ROCK

BAR - CAFE - BISTRO



*Sample Menu  
Winter 2017/18*

## 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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Red Onion Marmalade & Per Las Tart served on a bed of rocket with balsamic glaze (d,g,sd) £6.95

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Chicken Liver & Brandy Pate, served with a salad garnish, bread roll and homemade chutney (d,n,g,s,se,e) £5.95

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Homemade Thai salmon & sweet potato fishcakes served with a salad garnish & sweet chilli mayonnaise (f,e,mu) £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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Creamy Garlic Mushrooms served on Welsh Rarebit (d,g,mu,f) £6.95

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Whitebait & Popcorn Cockles served with a rocket salad & aioli dip (f,g,m,su) £6.95

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Traditional smoked fish platter - Trio of trout with orange, mackerel with gooseberry & apple chutney & salmon with a horseradish crème fresh (f,d,e,mu) £6.95

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## Main Courses

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

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Homemade Beef Burger, topped with Bacon, red onion marmalade & chive & garlic 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 a 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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Minted Lamb Casserole, served with a leek mash (sd,g,s) £14.95

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Braised beef Rossini topped with pate and toasted crouton, served on a bed of mashed potato with a rich red wine & madeira jus (d,g,s,sd,n,e,se) £13.95

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Sausage & mash - Trio of duck & orange, pork & leek & venison & wild mushroom sausages, served on a bed of root mash with braised red cabbage & apples, with a port jus (d,g,sd) £13.95

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Panfried seabass served on a bed of sweet chilli & stir fried vegetable noodles With a toasted sesame, lime & orange sauce (f,s,se) £16.95

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## Vegetarian Selection

Red Pepper & Aubergine Chilli served with rice, guacamole & nachos £12.95

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Champagne & Oyster Mushroom Risotto, served with garlic bread (g,d) £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) £22.95

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### Prime Welsh Sirloin Steak

Served with mushrooms, grilled tomato & onion rings (g,d) £19.95

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

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Lamb Cutlets served with potato gratin, vine roasted cherry tomato & a rosemary jus (g,s,d,sd,se) £14.95

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

## Side Orders

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| 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 |
| Homemade 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.*



# Children's Menu

## Pick a Main

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|---|-------|
| Homemade Beef Lasagne (g,d,s,f)         | £5.95 |
| Pork Sausages (g,s,sd)                  | £4.95 |
| Vegetarian Sausages                     | £5.95 |
| Chicken Nuggets (g)                     | £5.95 |
| Penne Bolognese & Garlic Bread* (f,g,e) | £5.95 |

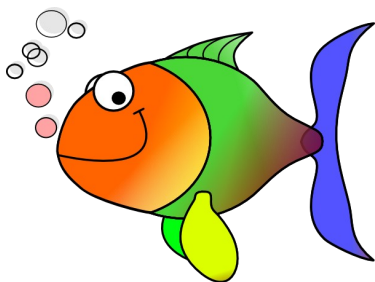
## Choose One Side

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



## 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) \*baguette only

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Ham & Cheese (d)

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Prawns in a Marie Rose Sauce (cr,e) \*baguette only

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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, Brie & Cranberry

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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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Bolognaise (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,  
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 fo
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