

FLAT ROCK

BAR - CAFE - BISTRO

at ^{The} *Gwberth*
HOTEL

Spring Menu 2020

reservations@gwberthotel.com ~ 01239 612638
www.gwberthotel.com

Appetizers

Olives with crusty bread & dipping oils (g,s,e,n,se,sd,v)
£3.95

Chopped chorizo in a cider sauce, with a crusty bread roll (s,n,g,e,se)
£3.95

Tortilla chips with a guacamole dip (vg,v,g)
£3.95

Starters

Skins & Wings Sharer (g,mu,c,d,s,d,sd)
Jalapeno & lime chicken wings, filled potato skins with smoke bacon, spring onion, tomatoes & cheddar cheese. Sour cream & chive, & a BBQ dip
£11.95

Sweet Potato & Goats Cheese Tartlet (d,s,sd)
Served on a bed of mix leaves & balsamic glaze
£6.95

Sautéed Mushrooms (d,g,s,se)
In a creamy peppercorn & blue cheese sauce served on a toasted brioche
£6.95

Homemade Soup of the Day (g,s,d,c,n,se,v)
Served with a warm bread roll & butter
£4.95

Chicken Liver, Garlic & Mushroom Pate (c,f,e,g,d,mu,se,s,sd)
with a homemade chutney & a crusty bread roll
£5.95

Salt & Pepper Squid Chunks & Filo King Prawns (cr,g,c,s,m,f,e,mu,sd)
with a sweet chilli sauce
£7.95

Brie Wedge with cranberry sauce (d,g,s,f,cr,e,m,sd)
£6.95

Main Course

Homemade Pork & Chorizo Burger (d,g,e,mu,f,s,cr,m,sd,se)
Topped with a garlic & herb cheese. Served in a toasted brioche bun
with salad, coleslaw, onion rings & skinny fries
£16.95

Jerk Chicken Salad (g,s,f,mu)
A mixed salad with grilled pineapple topped with chicken strips
marinated in jerk spices
£12.95

Homemade Traditional Beef Lasagne (d,g,f,s,e,cr,m,mu,sd)
Served with homemade chips & salad
£12.95

Roasted Hake Curry (d,g,c,f,mu,sd,n,p,s)
Roasted Fillet of Hake served over a aromatic, sweet potato, chick pea, spinach
& tomato curry. Served with rice & a garlic & coriander naan
£16.95

Baked Salmon Fillet (c,s,g,sd,d,e,f)
Served with fine beans, roasted sweet potatoes & a hollandaise sauce
£14.95

Minted Lamb Steak (d,g,s,f,mu,c,sd)
Served with colcannon mash, braised red cabbage & a mint jus
£17.95

Taverners Chicken (d,s,f,e,cr,m,g,mu,sd)
Chicken breast topped with crispy bacon & cheese, barbeque sauce,
with homemade chips & Salad
£12.95

Breaded Scampi (f,cr,g,e,mu,s,m,d,sd)
Served with tartar sauce, homemade chips & Salad
£9.95

Beer Battered Cod Fillet (f,g,s,e,mu,d,cr,m,se)
Served with minted mushy peas, homemade chips & Salad
£10.95

Vegetarian Selection

Broad Bean & Spinach Burger (g,s,f,e,cr,mu,sd,d,v,m,se)

A mix of broad beans, peas, potato & spinach with red chilli, herbs & spices.
Served in a toasted brioche bun with salad, coleslaw, onion rings & skinny fries

£14.95

Homemade Vegan Lasagne with Salad (s,mu,g,v,vg)

£11.95

Homemade Mushroom & Butterbean Casserole with rice (c,s,v,vg)

£10.95

From The Grill

Prime Fillet of Beef (g,d,s,cr,f,e,mu,m,sd)

Served with a grilled tomato, onion rings, homemade chips & salad

£24.95

Prime Sirloin Steak (g,d,s,cr,f,e,mu,m,sd)

Served with a grilled tomato, onion rings, homemade chips & salad

£21.95

Grilled Gammon Steak (s,e,f,g,cr,d,mu,m,sd)

Served with Egg or Pineapple, homemade chips & salad

£12.95

Peppercorn Sauce (d,g,s) £2.75

Madeira Sauce (d,g,s) £2.75

Blue Cheese sauce (d,g,s,f) £2.95

Side Orders

Homemade Chips (g,f,cr,s,e,d,m,sd)	£2.50
Jacket Potato (s)	£1.95
Sweet Potato Chips (g,s,f,cr,e,d,m,sd)	£3.00
Garlic Bread (d,g)	£3.00
Skinny fries (g,f,cr,s,e,d,m,sd)	£2.50
Coleslaw (e,mu)	£1.95
Salad or Vegetables (d,g,s,mu)	£1.95
Mushrooms (d,s)	£1.95
Garlic Bread & mozzarella (g,d)	£3.95
Peas/Beans	95p
Homemade Onion Rings (g,f,cr,s,e,d)	£3.00
Bread Roll (g,se,d,n,s)	50p

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.

We cannot guarantee that our dishes are nut free.

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

Allergy Key

V=Vegetarian, D=Dairy, G=Gluten, N=Nuts, E=Eggs, F=Fish, CR=Crustaceans, M=Molluscs, S=Soya, C=Celery, MU=Mustard, SE=Sesame seeds, SD=Sulphur dioxide, VG=Vegan, P=Peanut

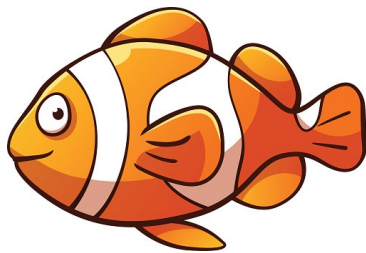
Children's Menu

Pick a Main

	Homemade Beef Lasagne (g,d,s,f)	£5.95
	Pork Sausages (g,s,sd,e,f,cr,d,v)	£5.95
V	Teddy Bear Cheese & Tomato Pizza (g,d)	£5.95
	Chicken Nuggets (s,g,e,cr,f,d)	£5.95
	Salmon Fish Fingers (f,g,e,cr,s,d)	£5.95
V	Vegetable Nuggets (g)	£5.95

Choose One Side

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



Choose Another Side

Baked Beans
Sweetcorn
Cherry Tomatoes
Cucumber
Peas

Available for ages 12 and under. We cannot guarantee that our dishes are nut free.

Light Bites
(Served Lunchtimes only 12-2.30pm)

Baguettes - Half £5.95 / Whole £7.95

Tuna & Sweetcorn Mayonnaise (f,e)

Prawns in a Marie Rose Sauce (cr,e)

Ham & Cheese (d)

Tuna & Cheese Melt (f,d)

Bacon, Brie & Cranberry (d)

Tomato, Mozzarella & Pesto (d,n)

All Served with homemade chips or crisps, coleslaw & salad
(g,s,d,mu,se,cr,e,f,m,sd)

Toasted Ciabatta

Steak & Red Onion Marmalade & Stilton (d)
Half £7.95 / Whole £10.95

Chicken, mozzarella & sundried tomato (d)
Half £6.95 / Whole £9.95

Cheddar, mozzarella, brie, gherkins & whole grain mustard (d,mu)
Half £6.95 / Whole £9.95

Sausage, red onion marmalade & cheddar cheese (d,g,s,sd,cr,m,f,e)
Half £6.95 / Whole £9.95

All served with homemade chips or crisps, coleslaw & salad
(g,s,d,mu,se,cr,e,f,n,sd,m)

Jacket Potatoes

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

Cheese (d,v) £4.95

Ham & Cheese (d) £5.95

Beans & Cheese (d,v) £5.95

Tuna & Sweetcorn Mayonnaise (f,e) £5.95

Bolognaise (f) £5.95

All served with coleslaw & salad garnish (e,s,mu)

Ploughman's - ham, turkey & beef, wedge of cheddar cheese, mixed salad, pickles, homemade chutney & a crusty bread roll with butter (g,s,e,d,sd,mu)
£8.95

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) £17.95
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. Petirrojo Reserva 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) £22.95
A silky smooth elegant wine. Aged in the finest oak barrels and then in bottles to develop its rich fruit structure and complexity

Rose Wines

Bottle (75cl)

12. Winston Hill Zinfandel Rose (California) £17.95
Delicate and refreshing with delicious soft fruit flavours of strawberry, raspberry and melon.
13. Freixenet Rose Single Serve 200ml £7.95
Delicate & Sweet with fruity aromas.

White Wines

Bottle (75cl)

8. La Joya Viognier Gran Reserva (3) (Chile) £18.95
Notes of white peach and ripe apricots. Refreshing and balanced with nice and complex fruity notes
9. Cawstons Crossing Chenin Blanc (3) (South Africa) £16.95
Bursting with guava, ripe apple & pear. Refreshing & lively
10. Mas Neuf Muscat Sec 2016 (1) (France) £17.95
An attractive white with a crisp acidity that is ideal with sea food
11. Fontana D'Italia Trebbiano (3) (Italy) £16.95
A fresh and light wine with delicate aromas of white melon and refreshing citrus fruit flavours

Sparkling & Champagne

14. Paul Langier Brut Champagne £37.95
An outstanding cuvee blended from Pinot Noir, Pinot Meunier and Chardonnay grapes. A stylish dry wine offering ripe fruit and a biscuit finish
15. Bollinger Champagne £74.95
Bone Dry, full bodied wine with a classic biscuit finish
16. Chio Asolo DOCG Prosecco Superiore £21.95
Full of Fresh Stone Fruit aromas and floral notes with a smooth & elegant texture on the palate. (Extra Dry)
17. Cortigiano Prosecco Single Serve 200ml £6.95

A-light bodied, B-light/medium bodied, C-medium bodied

D-medium/full bodied, E-Full bodied

Glass servings SMALL 175ml / LARGE 250ml

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

Glass Serving SMALL 175ml / LARGE 250ml

House Wine

(Bottle 75cl)

Pier 42 Merlot (Chile)

£16.95

Soft, generous with plenty of cherry & plum flavours

By The Glass Small £4.80 / Large £5.50

Pier 42 Shiraz (Australian)

£16.95

Classy, medium bodied with a crunchy black cherry fruitiness

By The Glass Small £4.80 / Large £5.50

Solar Viejo Crianza Rioja (Spain)

£18.95

A blend of tempranillo & garnache grapes. Flavours of red fruit & vanilla with a hint of liquorice

By The Glass Small £5.60 / Large £6.50

Pier 42 Pinot Grigio (Italy)

£16.95

Pale lemon in colour with delicate apple & zingy citrus fruit flavours ending in a crisp refreshing finish

By The Glass Small £4.80 / Large £5.50

Pier 42 Chardonnay (Australian)

£16.95

Pale golden in colour with peach & tropical fruit flavours

Perfectly balanced with a clean refreshing finish

By The Glass Small £4.80 / Large £5.50

Pier 42 Sauvignon Blanc (Chile)

£16.95

Fresh, zesty, easy drinking with limey fruit flavours

By The Glass Small £4.80 / Large £5.50

Valencia Sweet White

£16.95

Soft & Fruity, best served chilled

By The Glass Small £4.80 / Large £5.50

Pier 42 Zinfandel Rose (California)

£16.95

Fresh & inviting with lovely summer fruits flavours

By The Glass Small £4.80 / Large £5.50

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