

## Menu

Available 12pm - 2:30pm & 6pm - 9pm

Please note, a separate Sunday Lunch Menu is available  
from 12pm - 2:30pm every Sunday

@the\_guibert\_hotelflatrock



**Paninis** (available Monday - Saturday 12pm - 2:30pm only)  
all served with Crisps, Coleslaw and Salad (Half £6.95 or Whole £8.95)

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**(V) Tomato, Mozzarella & Pesto**

**Cajun Chicken, Brie & Mango**

**Bacon, Brie & Cranberry**

**Sausage & Red Onion Marmalade**

**Tuna & Cheese Melt**

**Baguettes** (available Monday - Saturday 12pm - 2:30pm only)  
all served with Crisps, Coleslaw and Salad (Half £6.95 or Whole £8.95)

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**Tuna Mayo & Sweetcorn**

**Prawn Marie Rose**

**Coronation Chicken**

**Ham & Cheese**

**Bacon, Lettuce & Tomato**

**(V) Cheese & Plum Chutney**

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**Toasted Open Ciabatta Sandwich**

**£8.95**

Ciabatta Bread topped with Sundried Tomato, Parma Ham,  
Spinach & Mozzarella

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For Allergen and Dietary requirements please speak to your server and request to view our Allergen Book. Although every effort is made to correctly identify all allergens contained in our dishes, please note that such products are stocked and used in our kitchens. Our menus are designed using fresh, unprocessed produce wherever possible. Although every care is used, please be aware that seafood dishes may contain fish bones and shell fragments.

# Brunch

(available Monday - Saturday 12pm - 2:30pm only)

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**Eggs Royale** £8.95  
Toasted Muffin topped with Smoked Salmon,  
lightly Poached Eggs & Hollandaise Sauce

**Eggs Benedict** £8.95  
Toasted Muffin topped with Parma Ham, lightly Poached  
Eggs & Hollandaise Sauce

## Jacket Potatoes

(available Monday - Saturday 12pm - 2:30pm only)  
all served with Salad Garnish and Coleslaw

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**(V) Cheddar Cheese** £5.95

**(V) Cheese & Beans** £6.95

**Prawn Marie Rose** £7.95

**Ham & Beans** £6.95

**Tuna Mayonnaise & Sweetcorn** £7.95

**Coronation Chicken Mayonnaise** £7.95

**Chilli & Cheese** £7.95

## Appetizers & Starters

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**(Vg) Olives with Crusty Bread & Dipping Oils** £5.95

**(V) Soup of the day served with Crusty Bread** £5.95  
Please enquire with your server for today's special and allergens

**Piri-Piri King Prawn Skewers** £8.95  
served with Garlic Mayonnaise

**Buttermilk Chicken Goujons** £7.95  
served with a Garlic Mayo Dip

**Smoked Salmon, Beetroot & Apple Salad** £7.95  
served with Horseradish Crème Fraiche

**(V) Halloumi Sticks** £6.95  
served with Sweet Chilli Mayonnaise

**(Vg) Red Lentil, Sundried Tomato & Welsh Mead Paté** £6.95  
served with Crusty Bread

# Sharers

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<b>Beef Chilli Cheese Fries</b> our Skinny Fries topped with Beef Chilli and Shredded Cheese	<b>£9.95</b>
<b>Moules Mariniere</b> Shell on Mussels Cooked in a Creamy Garlic & Parsley White Wine Sauce served with Crusty Bread and Fries	<b>£15.95</b>

## Mains

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<b>Honey &amp; Mustard Pork Burger</b> topped with Green Thunder Cheese. Served in a Brioche Bun with Onion Rings, Skinny Fries, Salad and Coleslaw	<b>£16.95</b>
<b>Sausage &amp; Mash</b> large Yorkshire Pudding, Lamb & Leek Sausages, Bubble & Squeak, Mashed Potato and Red Cabbage served with a Red Wine Onion Gravy	<b>£15.95</b>
<b>Pan-fried seabass</b> served on a bed of Orzo, with Mediterranean Vegetables and a Tomato & Lime Salsa	<b>£19.95</b>
<b>Beer Battered Cod</b> served with Chips, Tartare Sauce and Minted Mushy Peas	<b>£14.95</b>
<b>Welsh Sirloin Steak</b> served with Onion Rings, Mushrooms, Tomato and Chips - Choose a Peppercorn or Blue Cheese Sauce for £3.00	<b>£25.95</b>
<b>Grilled Gammon Steak</b> served with Fried Egg or Pineapple, with Chips & Peas	<b>£14.95</b>
<b>Traditional Beef Lasagne</b> served with Chips and Peas	<b>£14.95</b>
<b>Taverners Chicken</b> Chicken Breast topped with Bacon and Melted Mozzarella served with BBQ Sauce, Chips and Salad	<b>£15.95</b>
<b>(Vg) Butternut Squash Risotto</b> Butternut Squash cooked in a Creamy Leek & Spinach Sauce with Stemmed Green Beans, Broad Beans, Broccoli and Peas. Served with Garlic Bread	<b>£14.95</b>
<b>(Vg) Broad Bean &amp; Spinach Burger</b> topped with Salad and Salsa, served in a Brioche Bun with Skinny Fries and Salad	<b>£14.95</b>
<b>(Vg) Mushroom Stroganoff</b> Mushrooms and Peppers in a rich Smoked Paprika Cream Sauce served with Saffron Rice - Add pan-fried strips of Fillet Steak for £5.00	<b>£14.95</b>
<b>(Vg) Three Bean Chilli</b> Red Kidney, Black Turtle & Cannellini Beans in a rich Spicy Sauce. served with Saffron Rice	<b>£14.95</b>
<b>(Vg) Baked Aubergine</b> filled with Mushrooms, Sundried Tomatoes and Smoked Vegan Cheese. served on a bed of Rocket, Cherry Tomato & Walnut salad with Balsamic Drizzle	<b>£14.95</b>

# Sides

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(V) Homemade Chips	£3.30	(V) Onion Rings	£3.50
(V) Skinny Fries	£3.30	(V) Coleslaw	£2.30
(V) Sweet Potato Fries	£3.50	(V) Mushrooms	£2.30
(Vg) Jacket Potato	£2.50	(V) Peppercorn Sauce	£3.00
(V) Garlic Bread	£3.75	(V) Blue Cheese Sauce	£3.00
(V) Cheesy Garlic Bread	£4.25		

# Children's Menu

served with Chips and a choice of Beans, Peas, Sweetcorn or Cucumber **All £6.75**

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Chicken Nuggets;	Sausages;	Lasagne;
(V) Veggie Sausages;	Cod Bites;	Ham, Egg & Chips;

**Childs Ice Cream 2 Scoop £4.00**  
Choice of: Vanilla, Chocolate, Strawberry or Mint Chocolate Chip

# Dessert

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**Chocolate & Truffle Stack £7.50**  
Chocolate Sponge with a Dark Chocolate Truffle and Toffee Centre. Topped with a Vanilla Cream filled Profiterole and White Chocolate Drizzle served with Pouring Cream

**(Vg) Vanilla Bean Cheesecake £7.50**  
served with Vegan Pouring Cream and a Mixed Berry Compote

**White Chocolate & Raspberry Roulade £7.25**  
served with Vanilla Ice Cream

**Apple Crumble £7.25**  
served with a Mixed Berry Compote and Custard

**(Vg) Treacle Tart £7.25**  
served with Vegan Vanilla Ice Cream

**3 Scoops Of Ice Cream £6.00**  
choice of: Vanilla, Chocolate, Strawberry or Mint Chocolate Chip

**Welsh Cheeseboard Sharer for 2 £13.95**  
a selection of Welsh Cheese served with Grapes, Plum Chutney and Mixed Crackers

# Drinks Menu

## Soft Drinks

	½ Pint	Pint	Bottle/Can
Draught Coke/Diet Coke	£1.90	£3.00	
Draught Lemonade	£1.80	£2.90	
Soda Or Squash	£0.60	£1.20	
Juices/tonic mixers			£1.90
J20 / Appletizer			£3.00
Frobishers Apple Juice			£3.30
Fruit Shoot			£2.40
Red Bull			£3.30
Coke/Diet Coke Cans			£1.60
Tango,7Up,Sprite Cans			£1.50
Fentimans			£3.30
<i>Ginger Beer, Rose Lemonade, Elderflower</i>			
Still/Sparkling Water	Lrg Btl £3.90	Sml Btl £1.90	

## Draught

	ABV%	½ Pint	Pint
Carling	4.0	£2.30	£4.40
Staropramen	5.2	£2.90	£5.50
Peroni	5.1	£3.10	£5.95
Madri	4.6	£3.00	£5.85
Cold River Cider	4.5	£2.30	£4.40
Worthington's	3.6	£2.30	£4.40
Doom Bar	4.0	£2.30	£4.40
Guinness	4.0	£2.75	£5.10

## Bottles

Budweiser	5.0	£3.90
Corona	4.5	£3.90
Becks	5.0	£3.90
Becks Blue	0	£3.50
Rekordelig	4.5	£4.90
Newcastle Brown	4.7	£4.90
WKD	4.0	£3.70
Smirnoff Ice	4.0	£3.70
Black Dragon Cider	6.5	£4.80

## HOUSE WINE

Medium Glass   Large Glass   Bottle

**Pier 42 Merlot** (Chile)      **£5.20**      **£6.50**      **£18.95**

Soft, generous with plenty of cherry & plum flavours

**Pier 42 Shiraz** (Australian)      **£5.20**      **£6.50**      **£18.95**

Classy, medium bodied with a crunchy black cherry fruitiness

**Solar Viejo Crianza Rioja** (Spain)      **£5.50**      **£6.80**      **£20.95**

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

**Pier 42 Pinot Grigio** (Italy)      **£5.20**      **£6.50**      **£18.95**

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

**Pier 42 Chardonnay** (Australian)      **£5.20**      **£6.50**      **£18.95**

Pale golden in colour with peach & tropical fruit flavours, perfectly balanced with a clean refreshing finish

**Pier 42 Sauvignon Blanc** (Chile)      **£5.20**      **£6.50**      **£18.95**

Fresh, zesty, easy drinking with limey fruit flavours

**Valencia Sweet White**      **£5.20**      **£6.50**      **£18.95**

Soft & Fruity, best served chilled

**Pier 42 Zinfandel Rose** (California)      **£5.20**      **£6.50**      **£18.95**

Fresh & inviting with lovely summer fruits flavours

## RED WINE

**1. McGuigans Black Label Shiraz** (Australia)      **£19.95**

Rich, ripe plum, spice and blackberry fruit flavours with subtle oak. Rounded & fruity with good depth and intensity of flavour

**2. Finca Flichman Malbec** (Argentina)      **£20.95**

Full and fruity, packed with flavours of spiced plum fruit with soft tannins providing the structure

**3. Petirrojo Reserva Merlot** (Chile)      **£19.95**

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** (Chile)      **£19.95**

A silky smooth red with blackcurrant aromas

**5. Fontana D'Italia Sangiovese** (Italy)      **£19.95**

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** (South Africa)      **£20.95**

Ripe, soft and intensely fruit flavoured. Medium bodied with vibrant fruit flavours

**7. Covila Crianza Rioja** (Spain)      **£19.95**

Matured fruits blended with vanilla and Cacao hints. Aged in the finest oak barrels

## WHITE WINE

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- 8. La Joya Viognier Gran Reserva** (Chile) **£20.95**  
Notes of white peach and ripe apricots. Refreshing and balanced with nice and complex fruity notes
- 9. Cawstons Crossing Chenin Blanc** (South Africa) **£18.95**  
Bursting with guava, ripe apple & pear. Refreshing & lively
- 10. La Divatte Muscadet Sur Lie** (France) **£20.95**  
A crisp and refreshing loire with a crunchy acidity and a slight saltiness
- 11. Fontana D'Italia Trebbiano** (Italy) **£18.95**  
A fresh and light wine with delicate aromas of white melon and refreshing citrus fruit flavours

## ROSÉ WINE

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- 12. Winston Hill Zinfandel Rose** (California) **£18.95**  
Delicate and refreshing with delicious soft fruit flavours of strawberry, raspberry and melon
- 13. Freixenet Rose** **Single Serve 200ml** **£9.95**  
Delicate & Sweet with fruity aromas

## SPARKLING & CHAMPAGNE

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- 14. Moët & Chandon Brut Impérial Champagne** **£62.95**  
Golden yellow with glimmers of green. Crisp green apple and lemon notes give way to white blossoms and stony minerality. Toasted cashew and brioche aromas add complexity and a vanilla-rich elegance. Sumptuous pear and white peach
- 15. Bollinger Champagne** **£84.95**  
Bone Dry, full bodied wine with a classic biscuit finish
- 16. Chio Asolo DOCG Prosecco Superiore** **£26.95**  
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** **£8.50**

<b>Gin</b>	<b>ABV%</b>	<b>25ml</b>	<b>Liqueurs &amp; Aperitifs</b>		
Gordons	37.5	£3.00		<b>ABV%</b>	<b>25ml</b>
Bombay Sapphire	40.0	£3.50	Cointreau	40.0	£3.10
Brecon	40.0	£3.50	Gran Marnier	40.0	£3.60
Hendricks	41.4	£4.10	Drambuie	40.0	£3.50
Whitley Neill	43.0	£3.70	Archers	18.0	£2.80
Rhubarb & Ginger, Raspberry, Blood Orange			Disaronno	28.0	£3.10
			Pernod	40.0	£3.10
			Tia Maria	20.0	£3.10
			Passoa	17.0	£2.80
			Tequila/Sambuca /Jägermeister	38.0	£3.20
			Tio Pepe/Havery's	17.5	£2.80
					<b>50ml</b>
			Port	19.0	£3.00
			Campari	25.0	£2.90
			Baileys	17.0	£3.80
			Stones Ginger Wine	18.5	£2.50
			Pimms	25.0	£3.10
			Martini: Rosso, Bianco, Extra Dry, Cinzano	15.0	£2.90

<b>Vodka</b>	<b>ABV%</b>	<b>25ml</b>
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Smirnoff	37.5	£3.00
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<b>Rum</b>	<b>ABV%</b>	<b>25ml</b>
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Bacardi	37.5	£3.10
Captain Morgan	40.0	£3.10
Malibu	21.0	£3.10
Barti Rum	35	£3.50

<b>Brandy</b>	<b>ABV%</b>	<b>25ml</b>
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Martell V.S	40.0	£3.90
Courvoisier V.S	40.0	£4.00

<b>Hot Drinks</b>	<b>Regular</b>	<b>Large</b>
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Americano, Espresso	£2.40	£2.90
Decaffeinated, Flat White	£2.40	£2.90
Cappuccino, Latte, Mocha	£2.50	£3.00
Hot Chocolate	£2.80	£3.30

Supreme Hot Chocolate	£3.30	
Coffee Floater	£2.70	
Cafetiere for 2	£5.00	
Pot of Tea	£2.30pp	
Herbal & Fruit Teas	£2.60pp	
Liqueur Coffee (Calypso, Seville, Scotch, Irish, Russian, French, Café Marnier, Baileys)	£5.95	

***If you are lucky enough to look under 25 years of age you will be asked to prove that you are of legal age to purchase alcohol before being served.***