

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)

(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)

Tuna Mayo & Sweetcorn

Prawn Marie Rose

Coronation Chicken

Ham & Cheese

Bacon, Lettuce & Tomato

(V) Cheese & Plum Chutney

Toasted Open Ciabatta Sandwich **£8.95**
Ciabatta Bread topped with Sundried Tomato, Parma Ham,
Spinach & Mozzarella

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)

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

(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

(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

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

Mains

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

Sides

(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**

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

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