

M E N U

Available Monday - Saturday, 12pm - 3:00pm

Daily, 5:30pm - 9pm

Please note, a separate Sunday Lunch Menu is available
from 12pm - 3pm every Sunday

STARTERS

(Vg) Olives with Crusty Bread & Dipping Oil £7.95

(M) Soup of the Day served with Crusty Bread £7.95

Please ask your server for today's special

Makhani King Prawns £9.95

With crushed poppadom

Garlic & Parmesan Chicken Skewers £8.95

With Aioli dip

Crispy Cauliflower Bites £8.95

With a Sriracha Mayonnaise Dip

Seafood Crusade £9.95

Crispy puff pastry filled with rich creamy seafood sauce

Duck Bonbons £8.95

With Hoisin Sauce

Loaded Ciabatta £8.95

Topped with garlic butter, peppers, onions,
courgettes, sundried tomatoes and mozzarella

SHARERS

Loaded Hummus £13.95

peppers, onions, olives, sundried tomatoes and crushed poppadom

Sharing Starter £21.95

BBQ Rack of Ribs, Chilli Chicken Wings and Tempura King Prawns
with sriracha mayo and yoghurt & mint dip

(V) Vegetarian (Vg) Vegan (MV) Modified Vegetarian (MVg) Modified Vegan

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.

(GM) Genetically Modified Food - Food Prepared on these premises are cooked in vegetable oil that is derived from genetically modified soya.

www.gwberthotel.com



[thegwberthotel&flatrockbistro](https://www.facebook.com/thegwberthotel&flatrockbistro)



[the_gwbert_hotelflatrock](https://www.instagram.com/the_gwbert_hotelflatrock)

MAINS

Hot Honey Glazed Salmon £21.95

Served on a bed of tomatoes, broad beans, chickpeas, peppers and spiced quinoa

Chicken Parmigiana £19.95

Breaded Chicken breast topped with tomato sauce and nacho cheese, served with linguine in a creamy tomato sauce

Minted Lamb Casserole £22.95

With Creamy Braised Cabbage and Mashed Potato

Beef Burger £19.95

Topped with cheddar cheese, streaky bacon and honey mustard mayo, served in a sourdough bun with Onion Rings, Skinny Fries, Salad and Coleslaw

8oz Sirloin Steak £27.95

With Onion Rings, Mushrooms, Tomato and Chips
- add Peppercorn, Porcini or Blue Cheese Sauce for £4.25

7oz Fillet Steak £30.95

With Onion Rings, Mushrooms, Tomato and Chips
- add Peppercorn, Porcini or Blue Cheese Sauce for £4.25

Beer Battered Fish £18.95

With Chips, Mushy Peas and 'chipshop' curry sauce

Grilled Gammon Steak £18.95

Served with a Fried Egg or Pineapple, with Chips and Peas

Traditional Beef Lasagne £18.95

Served with Garlic Bread

Taverners Chicken £18.95

Chicken Breast topped with Bacon and Melted Mozzarella served with BBQ Sauce, Chips and Salad

(Vg) Lentil & Spinach Burger £18.95

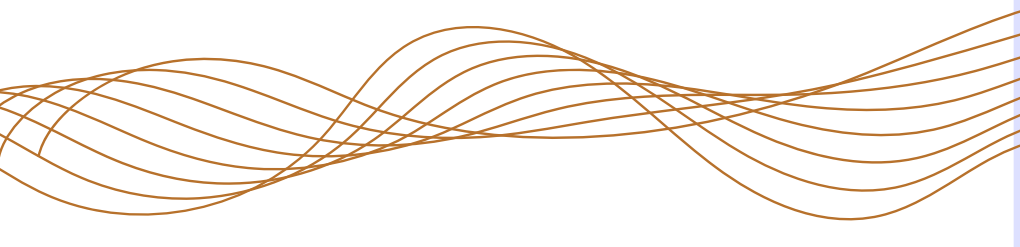
Topped with Vegan Cheese, Lettuce and Tomato Chutney, served in a Sourdough Bun with Skinny Fries, Salad and Slaw

(V) Sweetcorn Ribs & Tempura Vegetables £17.95

Served on a bed of tomatoes, broad beans, chickpeas, peppers and spiced quinoa

(Vg) Butternut Squash & Red Pepper Curry £17.95

Served with basmati rice and poppadom



SIDES

Cheese Truffle Fries	£4.95	Garlic Bread	£4.50
Homemade Chips	£4.50	Cheesy Garlic Bread	£4.95
Skinny Fries	£4.50	Onion Rings	£3.95
Sweet Potato Fries	£4.95	Side Salad	£4.25
Coleslaw	£3.95		
Choice of Sauce: Porcini, Peppercorn or Blue Cheese		£4.25	

CHILDREN'S MENU

- Chicken Goujons Wrap and Chips - Build your own All £9.95
- Sausages, Mash, Peas and Gravy
- Lasagne with Garlic Bread
- Cod Bites, Peas and Chips
- Creamy Tomato Linguine with Garlic Bread

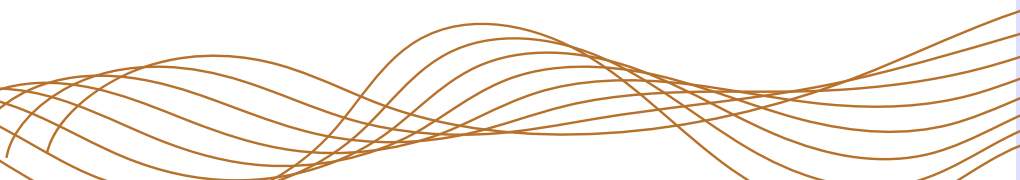
Child's 2 Scoops of Ice Cream

Vanilla, Strawberry or Chocolate

£4.95

DESSERT

Apple Crumble Cheesecake	£8.95
With Pouring Cream	
Rhubarb Creme Brulee	£8.95
With Mini Short Bread Biscuit	
Sticky Toffee Pudding	£8.95
With Custard	
Raspberry & White Chocolate Roulade	£8.95
With Vanilla Ice Cream	
Chocolate Brownie	£8.95
With Pouring Cream	
3 Scoops of Ice Cream	£7.50
Vanilla, Strawberry, Caramel Fudge or Mint Choc Chip	
3 Scoops of Mandarin Sorbet	£7.50



LUNCHTIME MENU

Available Monday - Saturday, 12pm - 3pm only

PANINIS

All served with Crisps, Salad and Coleslaw		HALF	WHOLE
Bacon, Brie & Cranberry		£8.95	£11.95
Tuna & Cheddar Cheese Melt			
Cajun Chicken, Brie & Mango			
Ham & Cheddar Cheese			
Sausage, Red Onion Marmalade & Cheddar Cheese			
(Vg) Vegan Cheese & Chutney			

BAGUETTES

All served with Crisps, Salad and Coleslaw		HALF	WHOLE
Prawn Marie Rose		£8.95	£11.95
(M) Cheddar Cheese & Tomato Chutney			
Sausage, Red Onion Marmalade & Cheddar Cheese			
Tuna Mayonnaise & Cheddar Cheese			
Ham & Cheddar Cheese			
(Vg) Vegan Cheese & Chutney			

JACKET POTATOES

All served with Salad and Coleslaw		
Prawn Marie Rose		£10.95
(M) Cheddar Cheese		£8.95
Beef Chilli & Cheddar Cheese		£10.95
Bacon, Beans & Cheddar Cheese		£10.95
Tuna Mayonnaise & Sweetcorn		£10.95
(M) Cheddar Cheese & Beans		£9.95

HOT DRINKS

	Regular	Large		
Americano	£3.20	£3.30	Deluxe Hot Chocolate	£4.30
Espresso	£3.20	£3.30	Coffee Floater	£3.80
Cappuccino	£3.30	£3.50	Pot of Tea	£2.80
Latte	£3.30	£3.50	Herbal and Fruit Teas	£3.30
Mocha	£3.30	£3.50		
Hot Chocolate	£3.30	£3.70	Liqueur Coffee	£7.25
Flat White	£3.20		Calypso Seville Scotch Irish Russian French Café Marnier Baileys	

WINE LIST

RED	125ml	175ml	250ml	Bottle
Pier 42 Merlot <i>(La Mancha, Spain)</i> Intense fruit flavours with cherry and plum intertwine with sumptuous aromas of coffee and chocolate	£6.20	£7.20	£9.00	£24.95
Fairway Shiraz <i>(South Africa)</i> A full bodied, intense purple wine with fresh black pepper, raspberry, cherry, hints of vanilla and truffle undertones	£6.20	£7.20	£9.00	£24.95
Pier 42 Malbec <i>(Mendoza, Argentina)</i> Complex aromas of dark berry fruits are present alongside soft hints of chocolate, coffee and tabaco. This generous wine is well balanced with intense flavours of red and black fruits and a long finish	£6.20	£7.20	£9.00	£24.95
Flagstone Pinotage <i>(Western Cape, South Africa)</i> Red plum and fruitcake flavours. Subtle oak and delicious lingering finish				£25.95
Monologo Rioja Crianza <i>(Rioja, Spain)</i> Made with 100% Tempranillo grapes, Monologo Crianza is an approachable oak-aged Rioja with aromas of ripe red fruit, liquorice and vanilla				£25.95
Acordean Malbec <i>(Mendoza, Argentina)</i> Expect plenty of black fruit character with a backbone of mouth-watering natural acidity and structured tannins. Touches of vanilla, spice and chocolate add complexity to the lingering finish				£28.95
WHITE	125ml	175ml	250ml	Bottle
Capriano-Catarratto Pinot Grigio <i>(Sicily, Italy)</i> It has a straw colour and an ample, lasting fruity bouquet. The palate is dry, soft and well balanced, due to its full body.	£6.20	£7.20	£9.00	£24.95
Erica's Sunbird Sauvignon Blanc <i>(Western Cape, South Africa)</i> Complex medium bodied palate with mango, passion fruit. This dry white wine is vibrant and elegant. Typical of sauvignon blanc this wine has a fresh grassy character and punchy tropical fruit flavours. With a long clean finish	£7.20	£9.00		£24.95
Boomerang Bay Chardonnay <i>(South, Australia)</i> Soft fruit driven flavours of peach, pineapple, melon and citrus with a crisp acidity and lingering finish	£7.20	£9.00		£24.95
Flagstone Chenin Blanc <i>(Western Cape, South Africa)</i> Refreshing green apple with an explosion of pineapple and tropical fruit on the palate with a gently creamy finish				£25.95
Los Gansos Viognier <i>(Colchagua, Chile)</i> Bright, clear golden in colour, with medium body and a richer texture. Aromas of peaches and apricots. Refreshing and slightly sweet on the palate.				£26.95
Greyrock Sauvignon Blanc <i>(Marlborough, New Zealand)</i> Classic Marlborough Sauvignon, full of ripe gooseberry and passionfruit, intense tropical fruit and lime flavours, with sweet grassy notes. The rich minerality of the vineyard soils come through the palate to give a rich lingering finish				£27.95
Allan Scott Marlborough Sauvignon Blanc <i>(Marlborough, New Zealand)</i> Fresh, zesty, juicy and full				£32.95

R O S É W I N E		125ml	175ml	250ml	Bottle
Canyon Road White Zinfandel <i>(California, US)</i>		£6.20	£7.20	£9.00	£24.95
This wine is light-bodied with hints of strawberry, cherry, and watermelon flavours and a smooth crisp finish					
Principato Pinot Grigio Rose <i>(Pavia, Italy)</i>			£7.20	£9.00	£24.95
Appealing, lightly aromatic nose with redcurrant and cherry notes. The palate is crisp and incisive with strawberry and white peach fruit characters leading to a fresh and juicy finish					
Freixenet Rose <i>(Veneto, Italy)</i>		Single serve 200ml: £9.95			
Delicate and sweet with fruity aromas					
S P A R K L I N G					Bottle
Chio Prosecco DOC <i>(Veneto, Italy)</i>		Single serve 200ml: £8.95		£28.95	
Fruity flavours of apple, melon and pear mingle with a gently floral note. The mousse is fine, frothy and persistent					
Ayala Brut Majeur <i>(Champagne, France)</i>					£69.95
The nose unveils expressive notes of citrus, florals and white fruits. The style is one of modernity, exemplified by their grower relationships and the use of stainless steel in the production of their Chardonnay led wines					
Ayala Rose Majeur <i>(Champagne, France)</i>					£72.95
Aromas of strawberries, raspberries and morello cherries together with nuances of spice. Light, fresh and well-balanced palate with flavours of red gooseberry and raspberry lingering on the finish					
Bollinger Special Cuvée <i>(Champagne, France)</i>					£89.95
The nose is aromatic and complex with ripe fruit and spices. Roasted apples, apple compote and peaches burst on the palate. Brioche and walnut linger on the finish. A subtle combination of structure, length and vivacity					
Charles Mignon Rose <i>(Champagne, France)</i>					£72.95
Intensely complex aromas of red fruit, wild cherry, wild strawberry and raspberry. On the palate there are delicate red berries and structure from the Pinot Noir while the Chardonnay brings freshness and balance					

SOFT DRINKS

	Half Pint	Pint	Bottle Can
Draught Pepsi Pepsi Max	£2.25	£3.75	
Draught Lemonade	£2.25	£3.75	
Coke Can Diet Coke Can			£2.00
7Up Cans			£2.00
Juices			£2.20
<i>Orange Tomato Bitter lemon Cranberry Ginger Ale Pineapple</i>			
Tonic Mixers			£2.20
<i>Original Slimline</i>			
J2O			£3.30
<i>Orange & Passionfruit Apple & Mango Apple & Raspberry</i>			
Appletizer			£3.30
Frobisher Apple Juice Frobisher Orange Juice			£3.30
Fruit Shoot Apple & Blackcurrant			£2.60
Red Bull			£3.40
Fentimans			£3.90
<i>Ginger Beer Rose Lemonade Elderflower</i>			
Still Water Sparkling Water	Lrg Btl: £4.20 Sml Btl: £2.20		

BEER | LAGER | BOTTLES

D R A U G H T	ABV%	Half Pint	Pint
Carling	4	£2.70	£5.10
Asahi	5	£3.10	£6.00
Madri	4.6	£3.10	£6.00
Stowford Press Cider	4.5	£2.70	£5.10
Stowford Berry Cider	3.4	£2.70	£5.10
Worthington's	3.6	£2.70	£5.10
Doom Bar	4	£2.80	£5.20
Guinness	4	£3.10	£6.00
Tiny Rebel IPA	4.3	£3.00	£5.90
Tiny Rebel Yma O Hyd	4.4	£3.10	£6.20
B O T T L E S	ABV%	Bottle	
Budweiser	5	£4.10	
Corona	4.5	£4.10	
Black Dragon Cider	6.5	£5.80	
Black Dragon Mango	3.4	£5.80	
Rekordelig	4.5	£5.70	
Newcastle Brown	4.7	£5.70	
WKD	4	£4.00	
Thatchers Haze Blood Orange	4.5	£5.20	
Thatchers Gold Juicy Apple	4.5	£5.20	
Thatchers 0%	0	£5.00	
Madri 0%	0	£4.00	
Guinness Can 0%	0	£5.00	

COCKTAILS

Classic Margarita	£9.95
<i>Tequila Cointreau Lime Juice Gomme</i>	
Espresso Martini	£9.95
<i>Vodka Tia Maria Gomme</i>	
Passionfruit Martini	£9.95
<i>Vodka Passoa Passionfruit Puree Gomme</i>	
Old Fashion	£9.95
<i>Markers Mark Angostura Bitters Gomme</i>	
Gwbert Bakewell	£9.95
<i>Disaronno Chambord Pineapple Juice Cranberr Juice</i>	
White Angel	£9.95
<i>Vodka Disaronno Baileys</i>	
Mai Tai	£9.95
<i>Rum Orange Curacao Orgeat Lime Gomme</i>	
Dark Berry Sour	£9.95
<i>Gin Cointreau Cranberry Juice Berry Syrup Angostura Bitters</i>	
Classic Mojito	£9.95
<i>Rum Lime Juice Gomme</i>	
Passionfruit Mojito or Raspberry Mojito	£9.95

MOCKTAILS

Passionfruit Martini	£5.95
<i>Passionfruit Puree Vanilla Syrup Orange Juice</i>	
Classic, Raspberry or Passionfruit Mojito	£5.95
<i>Original, Raspberry or Passionfruit Puree Lime Juice Gomme Soda</i>	

OTHER DRINKS

G I N	ABV%	25ml
Gordons Original Gordons Pink	37.5	£3.40
Gordons 0%	0	£3.40
Bombay Sapphire	40	£4.00
Brecon	40	£4.00
Whitley Neill Rhubarb & Ginger 0%	0	£4.00
Whitley Neill <i>Rhubarb & Ginger Raspberry Blood Orange</i>	43	£4.00
Tanqueray	41.3	£4.00
W H I S K E Y	ABV%	25ml
Famous Grouse	40	£3.40
Glenfiddich	40	£4.90
Glenmorangie	40	£4.90
Highland Park	40	£4.40
Jameson's	40	£3.40
Penderyn	46	£5.50
Southern Comfort	35	£3.80
Jack Daniels	40	£3.90
Bulleit Bourbon	45	£4.30
Makers Mark	45	£3.90
V O D K A	ABV%	25ml
Smirnoff	37.5	£3.40
Three Sixty	37.5	£3.40
R U M	ABV%	25ml
Bacardi	37.5	£3.40
Captain Morgan	40	£3.40
Malibu	21	£3.40
Barti Rum	35	£4.30
B R A N D Y	ABV%	25ml
Martell V.S	40	£4.60
Courvoisier V.S	40	£4.50
L I Q U E U R S & A P E R I T I F S	ABV%	25ml
Cointreau	40	£3.40
Gran Marnier	40	£3.80
Drambuie	40	£3.70
Archers	18	£3.20
Disaronno	28	£3.40
Pernod	40	£3.40
Tia Maria	20	£3.40
Passoa	17	£3.40
Tequila	38	£3.40
Sambuca	38	£3.40
Jägermeister	38	£3.40
		50ml
Harvey's Bristol Cream	17.5	£3.40
Port	19	£3.40
Campari	25	£3.40
Aperol	11	£3.20
Baileys	17	£4.50
Stones Ginger Wine	18.5	£3.20
Pimms	25	£3.40
Martini <i>Rosso Bianco Extra Dry Cinzano</i>	25	£3.40