

VALE GRILL

À LA CARTE MENU

Our philosophy is to use the freshest ingredients, preferably farmed locally, or if not available, sourced locally. You will find our food is imaginatively prepared and cooked to order in an informal and relaxing environment, served by friendly and highly trained staff.



Serving the very best of
Welsh and British produce.



GRILL

STARTERS

Chef's Soup of the Day	£4.95
Deep Fried Crusted Poached Hen's Eggs, Wild Mushroom Pine Nut and Artichoke Salad Rocket and basil pesto	£6.95
Roulade of Slow Cooked Chicken Red wine baby onions and tarragon wrapped in Parma ham, potato and grain mustard salad, Cumberland sauce	£7.25
Crab and Red Onion Bhajees Marinated vegetables, curried mayonnaise, coriander leaves	£7.95
Roasted Duck Breast Date and shallot purée, pickled red cabbage, dressed watercress	£7.95
'The Vale' Platter Carmarthen ham, tiger prawn, roasted duck breast, chef's soup of the day, chicken roulade, plum and apple chutney	£8.50
Platter of Peppered Smoked Salmon and Tiger Prawns Salad of leek, olive and green beans, lemon and chive crème fraîche	£8.95

MAINS

Beetroot Risotto with Pant-Ysgawn Goat's Cheese (v) Candied orange zest and watercress	£13.50
Blythburgh Free Range Pork Chump With Locally Made Wild Boar Sausage Braised red cabbage and chestnuts, garlic infused fondant potato	£16.95
Fillet of Stone Bass Herb fresh egg tagliatelle, Palourde clams with a vegetable Miso broth	£17.50
Seared Fillets of Goat Fish (c) Imam Bayildi, saffron potatoes, Mediterranean vegetables, watercress sauce	£17.50
Daube of Slow Cooked Venison and Root Vegetables Herb gnocchi, braised celery and roasted carrots	£17.95

Extra **vegetarian options** available, please ask staff for today's selection.

SIDE DISHES

Fresh Breads, Olive Oil, Balsamic Vinegar (v)	£2.95
Marinated Mixed Olives (v) (d) (c)	£2.95
Plum Tomato, Rocket and Parmesan Salad (v) (c)	£3.50
Buttered Leeks with White Truffle Oil (v)	£3.50
Chef's Vegetables of the Day (v)	£3.50
Braised Red Cabbage with Chestnuts	£3.50
Twice Cooked Chips (v) (d) (c)	£3.50

FROM THE GRILL

Fish of the Day*	£17.95
8oz Sirloin Steak* (d) (c)	£19.95
6oz Fillet Steak* (d) (c)	£20.95
12oz Pork T-bone steak* (d) (c)	£20.95
'Surf and Turf'* 4oz Fillet Steak and Tiger Prawns (c)	£21.50
10oz Rib-eye Steak* (d) (c)	£21.95
8oz Fillet Steak* (d) (c)	£25.95

***All grill items include roasted vine cherry tomatoes, dressed watercress and a choice of:**

Twice Cooked Chips, Baby Potatoes, Potato Salad with Red Onion and Grain Mustard

Plus a choice of one of the following sauces:

Béarnaise (v) (c), Peppercorn (c), Balsamic (c), Red Wine (c), Aioli (v) (c)

DESSERTS

Assortment of Chef's Homemade Ice Creams and Sorbets (v)	£5.25
Aromatic Lemongrass Panna Cotta (v) Citrus salad, salted peanut brittle, orange syrup	£5.95
Toffee Apple Upside Down Cake (v) Butterscotch sauce and mild nutmeg ice cream	£6.50
Morello Cherry Parfait (v) Toasted marshmallows and a lightly spiced plum purée	£6.95
Warm Pistachio and Orange Madeleines (v) Dark chocolate sorbet, vanilla Anglaise	£7.25
Dark Chocolate Teardrop (v) Steeped prunes and banana ice cream	£7.50
A Selection of Welsh Cheeses (v) Assorted biscuits, celery, quince jelly	£7.95

(v) Denotes dishes suitable for vegetarians
(d) Denotes dishes suitable for dairy free
(c) Denotes dishes suitable for coeliacs

Food allergies and intolerances – please speak to a member of our team about the ingredients in your meal prior to ordering.