

The Cain

Appetisers

Creamy Garlic Mushrooms £7.50

Delicately sautéed mushrooms in a velvety cream & garlic sauce atop of warm toasted ciabatta, finished with parmesan shavings and mixed leaf garnish. V.

Butterfly King Prawns £7.95

Light & Crispy. King Prawns Butterflied & Breaded before being deep fried until golden, served with a sweet chilli dip & mixed leaf garnish.

Mozzarella Sticks £7.50

Deliciously gooey mozzarella enveloped in a crunchy golden crust, paired with a garlic aioli dip & mixed leaf garnish. Perfect for sharing. V.

Breaded Chicken Goujons £7.75

Juicy strips of chicken breast, in a crispy golden breaded crust, accompanied by a vibrant tomato chutney dip & mixed leaf garnish. GF.

Mediterranean Style Fishcakes £7.95

Salmon, Haddock & Cod, combined with aromatic Mediterranean herbs, fresh garlic, lemon & capers, golden-fried to perfection. Accompanied by a garlic aioli dip & mixed leaf garnish.

Cain Favourites

Baked Sea Bass £14.25

Fillet of Sea Bass, oven baked with lemon & rosemary, atop a medley of roasted Mediterranean vegetables, new potatoes and a white wine cream sauce. GF.

Chicken Ballentine £14.95

Plump & Succulent Breast of Chicken, stuffed with cream cheese and wrapped in local bacon, served with new potatoes and seasonal veg alongside a creamy garlic mushroom sauce.

Welsh Lamb Rump £17.75

Local cut of Welsh Lamb Rump, pan seared and then roasted, served with a homemade minted reduction, alongside new potatoes and seasonal vegetables. GF.

Homemade Steak & Ale Pie £13.50

Tender cuts of Welsh beef, slow cooked in a rich velvety real ale gravy, finished with a flakey pastry lid, accompanied by new potatoes and seasonal vegetables, also popular with bistro style chips & peas.

Homemade Lasagne £12.95

Layers of Welsh ground beef in a homemade rich tomato ragu, pasta and a creamy béchamel sauce served with a mixed leaf garnish and bistro style chips.

Breaded Chicken Salad £10.95

Slices of crispy southern fried chicken breast atop of fresh lettuce leaves, sliced red onions, cucumber, peppers and cherry tomatoes lightly drizzled with house dressing & garlic ciabatta triangles.

Traditional Pub Fare

100z Sirloin £21.00

Succulent cut of Welsh Sirloin Beef, pan seared to your taste. Topped with a grilled tomato, mushrooms, mixed leaf garnish, bistro style chips & peas.

Peppercorn or Garlic Mushroom Sauce £3.25

Side of Onion Rings £3.25

Gammon Steak £16.25

Thick and Juicy locally sourced, chargrilled horseshoe gammon steak. Topped with 2 fried eggs, bistro style chips, peas and a mixed leaf garnish.

Welsh Chuck Cheeseburger £12.95

Thick & Juicy Welsh chuck & brisket beef burger, topped with melted cheddar cheese, lettuce, sliced tomato, onion & relish in a toasted burger bun, two onion rings & gherkin slice. Served with bistro style chips.

Seasoned Chicken Stacker £11.75

Seasoned breaded chicken fillet in a toasted burger bun, packed with crisp fresh lettuce, sliced tomato and sweet chilli mayo, skewered with a chicken goujon, onion ring & sliced gherkin. Served with bistro style chips.

Homemade Chicken Balti £12.75

Tender chicken breast pieces in a medium spiced, tomato rich Balti sauce, served with basmati rice, naan bread and mango chutney.

Go Half Rice / Half Chips for an extra £1.50

Breaded Whole-Tail Scampi £13.50

Whole tails of scampi in breadcrumbs, fried until golden brown. Served with a dressed mixed leaf garnish, bistro style chips and peas.

Breaded Fillet of Cod & Chips £13.95

A hearty fillet of cod, enrobed in breadcrumbs, fried until golden. Served with bistro style chips and peas and a dressed mixed leaf garnish.

Vegetarian & Vegan

Mushroom & Nut Roast £11.50

Wholesome mix of Mushrooms & Nuts, Oven baked served alongside seasonal vegetables and either new potatoes or chips. Accompanied by a jug of delicious vegetarian gravy.

Vegan Lasagne £11.75

Medley of sautéed vegetables in a rich tomato ragu, layered between vegan pasta, topped with a herb infused crumb.
Served with a dressed mixed leaf garnish and bistro style chips.

Goats Cheese & Roast Veg Salad £10.50

A light and colourful medley of fresh leaves, sliced red onions, cucumber, peppers and cherry tomatoes. topped with Creamy Goats Cheese & Roasted Veg Medley, lightly drizzled with balsamic dressing served with garlic ciabatta triangles.

Sweet Potato & Spinach Balti £10.75

A medley of sweet potato, spinach and chickpeas in a medium spiced, tomato rich Balti sauce, served with basmati rice, naan bread and mango chutney.

*GF without the naan.

Go Half Rice / Half Chips for an extra £1.50



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Desserts

Blackberry & Apple Crumble £7.25

Freshly handpicked blackberries, & apples, cooked to perfection with a covering of the most delicately baked light and crunchy sugared crumble, pairs perfectly with warm custard or cream.

Indulgent Chocolate Fudge Cake £6.95

Chocolate, Chocolate, Chocolate!

Chocolate sponge cake, sandwiched with chocolate fudge, enrobed in more velvety chocolate, served warm with cream or vanilla ice cream.

Sticky Toffee Pudding £6.95

Made to a traditional recipe, this soft & light sponge pudding with a sticky toffee sauce is delicious served warm with a choice of custard, vanilla ice cream or cream.

Cain Neapolitan Sundae £6.25

Trio of flavours, Strawberry, Chocolate & Vanilla Ice Creams, Wafers, Whipped Cream and a choice of Strawberry, Toffee or Chocolate sauce.

Irish Cream & Salted Caramel Artic Roll £6.95

A retro favourite, indulgent Irish Cream liqueur ice cream, sandwiched against light and fluffy sponge with Salted Caramel sauce.

The *Cain*

Children's Meals £7.95

Chicken Nuggets & Chips

Fish Fingers & Chips with Beans or Peas

Sausage & Chips with Beans or Peas

Veggie Sausage & Chips with Beans or Peas

Chicken Goujons Burger £8.50

Juicy strips of chicken breast, in a crispy golden breaded crust, in a toasted burger bun, with Mayo & Salad, all stacked in a toasted burger bun with a side of chips & ketchup dip.

