

The Cain

Appetisers

Tomato & Mozzarella Bruschetta £7.90

Toasted slices of garlic baguette topped with a rich homemade tomato sauce, fresh mozzarella, and sliced tomatoes, finished with a drizzle of balsamic glaze. A light and flavourful classic. **V**

Breaded Whitby King Prawns £8.35

Whitby King Prawns in a light Japanese style panko coating deep fried until golden, served with a sweet chilli dip & mixed leaf garnish.

Margherita Pizza Bites £7.90

Golden-breaded bites of mozzarella cheese with a rich tomato sauce centre, deep fried served alongside a garlic aioli dip & mixed leaf garnish. **V**

Breaded Chicken Goujons £8.15

Succulent strips of chicken breast in a crisp, golden gluten-free crumb, served with a tangy tomato chutney and mixed leaf garnish. **GF.**

Salmon & Sweet Potato Fishcakes £8.35

Delicately seasoned Salmon & Sweet Potato encased in crisp golden breadcrumbs and pan-fried to perfection. Accompanied by a garlic aioli dip & mixed leaf garnish.

Cain Favourites

Oven Baked Salmon £15.95

Succulent Salmon Fillet, oven-baked with lemon and herbs, served alongside seasonal vegetables & new potatoes, finished with a homemade herby tomato sauce. [GF](#).

Pan Fried Butterflied Breast of Chicken £15.70

Succulent butterflied chicken breast, pan-fried until golden, served alongside new potatoes and seasonal vegetables, finished with a fragrant tarragon cream sauce. [GF](#).

Welsh Lamb Casserole £18.65

Tender cuts of local Welsh Lamb, slow braised in a rich red wine and rosemary infused gravy, complemented by seasonal vegetables & buttery mashed potatoes.

Homemade Steak & Ale Pie £14.25

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 fries & peas.

Homemade Lasagne £13.60

Layers of Welsh ground beef in a homemade rich tomato ragu, pasta and a creamy béchamel sauce served with a mixed leaf garnish, toasted slices of garlic baguette and fries.

Breaded Chicken Salad £11.50

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 & toasted slices of garlic baguette

Traditional Pub Fare

Succulent cut of Welsh Sirloin Beef, pan seared to your taste. Topped with a grilled tomato, mushrooms, mixed leaf garnish, portion of fries & peas. [GF](#).

10 oz Sirloin £22.10

Peppercorn or Tarragon Cream Sauce £3.40

Side of Onion Rings £3.40

Gammon Steak £17.10

Thick and Juicy locally sourced, chargrilled horseshoe gammon steak. Topped with 2 fried eggs, portion of fries, peas and a mixed leaf garnish. [GF](#).

Welsh Chuck Cheeseburger £13.60

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 a portion of fries.

Seasoned Chicken Stacker £13.25

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 a portion of fries.

Homemade Chicken Tikka Masala £13.45

Tender piece of marinated chicken breast in a creamy, medium spiced tomato and tikka masala sauce. Served with basmati rice and a warm naan bread.

[GF without Naan](#) - *Go Half Rice / Half Fries for £1.75 extra*

Breaded Whole-Tail Scampi £14.25

Whole tails of scampi in breadcrumbs, fried until golden brown. Served with a dressed mixed leaf garnish & a portion of fries and peas.

Breaded Fillet of Cod & Chips £14.65

A hearty fillet of cod, enrobed in breadcrumbs, fried until golden. Served with a portion of fries, 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 fries. Accompanied by a jug of delicious vegetarian gravy. **V.**

Three Bean Chilli £13.25

A hearty medley of kidney, cannelloni and barlotti beans in a medium spiced homemade tomato based chilli, served with basmati rice, tortilla chips & sour cream. **V/VE**

Go Half Rice / Half Fries for £1.75 extra.

Tomato Rissoto £12.50

Creamy arborio rice simmered in a rich tomato base with aromatic herbs and seasonal vegetables, finished with mozzarella, a balsamic drizzle and toasted slices of garlic baguette, served with a dressed mixed leaf garnish . **V. GF.**

Veggie Sausage Stacker £12.65

Three sizzling vegan sausages layered in a toasted bun, topped with melted mozzarella and our rich homemade tomato sauce. Skewered with gherkins and onion rings to finish alongside a portion of fries. **V/VE**

Vegan without mozzarella.

