

The Cain Sunday Menu

The Cain Roasts £13.85

Welsh Beef - Local Pork - Chicken - Mushroom & Nut Medley - V

All served with Fluffy Roast Potatoes, Yorkshire Pudding, New Potatoes, Seasonal Veg & Rich Pan Gravy.

Starters

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](#).

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.

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.

Mains

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.

Tomato Risotto £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.

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.

Sweets

Bramley Apple Crumble £7.60

Fresh & sweet bramley apples, cooked to perfection with a covering of the most delicately baked light and crunchy crumble, pairs perfectly with warm custard or cream.

Indulgent Chocolate Fudge Cake £7.30

Chocolate, Chocolate, Chocolate!

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

Syrup Sponge Pudding £7.30

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

Cain Neapolitan Sundae £6.55

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

Lemon Meringue Roulade £7.30

A light and zesty lemon curd roulade with a soft meringue shell and swirl of whipped cream. Gluten Free, a refreshing classic served with a scoop of fruit sorbet to finish.