

The Cain Sunday Menu

The Cain Roasts £12.95

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

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

Children's Roasts £9.95

Light Bite / Starters

Creamy Garlic Mushrooms £7.50 V

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

Breaded Chicken Goujons £7.75 GF

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

Mediterranean Style Fishcakes £7.95

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

Mains

Homemade Steak & Ale Pie £13.50

Tender cuts of Welsh Beef, slow cooked in a rich real ale gravy. Served with a choice of new potatoes & veg or bistro style chips & peas.

Oven Baked Seabass £14.25 GF

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.

Vegan Lasagne £11.75 - VE

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.

Breaded Fillet of Cod & Chips £13.50

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

Traditional Recipe 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.

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.