



CAIN VALLEY HOTEL

Llanfyllin

STARTERS

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.

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.

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.

Chip Shop Croquettes 8.05

Crisp croquettes filled with potato and crushed peas, coated in a light gluten free cider vinegar batter and fried until golden. A little bite of chip shop heaven. GF. Suitable for vegetarians and vegans.

Garlic Mushrooms 8.15

Sautéed mushrooms in a rich, creamy garlic sauce, served on a toasted slice of garlic bread, finished with a mixed leaf garnish and delicate parmesan shavings.



MAINS

Homemade Steak & Ale Pie 14.25

Tender Welsh beef, slow cooked in a rich real ale gravy, 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 rich tomato ragu, pasta and a creamy béchamel sauce served with toasted slices of garlic baguette and fries.

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.

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.

Breaded Fish & Chips 13.60

A generous fillet in a crisp golden crumb, fried until perfectly crisp and served with fries, peas, and a dressed mixed leaf garnish.

Chicken Tikka Masala 14.25

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.



10oz Sirloin 22.10

Succulent cut of Welsh Sirloin Beef, pan seared to your taste. With a freshly grilled tomato, mushrooms, mixed leaf garnish, portion of fries & peas. GF

Peppercorn, Herby Tomato or Garlic Mushroom Sauce 3.40

Side of Onion Rings 3.50

Gammon Steak 17.10

Thick and Juicy locally sourced, chargrilled gammon steak. Topped with 2 fried eggs, portion of fries, peas and a mixed leaf garnish. 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.

VEGETARIAN & VEGAN

Nutless Mushroom Nut Roast 12.50

A hearty slice of vegetable roast made with pumpkin, sunflower seeds and mushrooms, seasoned with herbs. Served with seasonal vegetables, new potatoes, and a jug of delicious vegetarian gravy. V.

Homemade 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

Homemade Tomato Risotto 12.50

Simmered in a rich tomato base with aromatic herbs and seasonal vegetables, finished with mozzarella, a balsamic drizzle and toasted garlic baguette sliced with a dressed mixed leaf garnish . V. GF .



The Cain BURGERS

The Cain Burger 14.50

Our signature. A rich beef patty made from brisket and chuck, grilled to perfection and served in a toasted bun with bacon, crisp lettuce, tomato, our house burger sauce, and finished with a golden breaded cheese ring perched on top.

Mint Condition 14.50

A flavourful minted lamb patty, grilled and served in a toasted bun with fresh salad, grilled halloumi, a cool yoghurt & mint dressing, and crowned with crispy onion rings.

Southern Cluckin' Comfort 13.75

Tender chicken breast in a seasoned southern-style coating, fried until golden and crisp, served with fresh salad and garlic mayo, stacked with a breaded cheese ring and a breaded chicken goujon wrapped in streaky bacon.

No Cluck Burger 14.00

A crispy southern-style coated Quorn fillet, served in a toasted bun with fresh salad and smoky BBQ sauce, topped with a chip shop-style croquette for a proper crunch.

The Harbour Bite 13.75

Crispy golden pollock fillet with a light, flaky centre, served with lettuce and tangy tartare sauce in a toasted bun, finished with a prawn and onion ring topper.

All come served with signature seasoned fries



DESSERTS

Salted Caramel Cheesecake

7.80

A crunchy base topped with a smooth vanilla ice cream cheesecake and finished with rich salted caramel sauce. Garnished with milk chocolate shards and a sprinkle of toasted buckwheat for extra texture.

Berry Pavlova Stack

7.80

Italian meringue base with layers of blackcurrant raspberry & strawberry ice cream parfaits. Topped with a luscious mixed berry sauce, decorated with meringue pieces and sprinkled with redcurrants

Gooseberry & Apple Treacle Tart

7.75

A tangy mix of whole gooseberries and Bramley apples, baked in a crisp crumble tart and enriched with a traditional treacle blend for added depth and contrast.

Chocolate Fudge Cake

7.30

Chocolate, chocolate, chocolate.
Rich chocolate sponge layered with smooth chocolate fudge and coated in even more silky chocolate, served warm with cream or vanilla ice cream.

Sorbet & Berries

7.05

Two generous scoops of fruit sorbet served with a selection of fresh mixed berries. Light, refreshing and full of natural fruit flavour. Sorbet flavours vary, please ask your server for today's choice.



Kids Menu

Children's Meals £8.35

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 £8.95

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

