

the menu

Appetisers

Thai Style Fishcakes

Homemade with fresh cod and salmon, delicately Thai flavoured, enrobed in golden breadcrumbs. Served alongside a mixed dressed leaf garnish and sweet chilli dip.

£7.50

Creamy Garlic Mushrooms - VE

Sautéed mushrooms in a velvety cream and garlic sauce. Served on toasted ciabatta, topped with parmesan shavings atop a dressed mixed leaf garnish.

£7.25

Breaded Chicken Goujon's - GF

Succulent pieces of chicken breast, deep fried in golden breadcrumbs, served with a mixed dressed leaf garnish, complimented by a tangy tomato chutney.

£7.25

Butterfly King Prawns

Light & Crispy Butterflied & Breaded king prawns, Served alongside a mixed dressed leaf garnish, complimented by a sweet chilli dip.

£7.50

Cream Cheese & Herb Rosti - V

A delicate mix of cream cheese and herbs encased in a crispy golden brown coat of rosti, served alongside a mixed dressed leaf garnish with a tomato chutney dip.

£7.00

Chefs Soup of the Day - V

Seasonal ingredients, served with crusty ciabatta and plenty of Welsh butter.

£7.00

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Cain Favourites

Homemade Chicken, Leek & Ham Hock Pie

Succulent pieces of slow cooked chicken, leeks and ham hock, all in a traditional cream sauce, served crowned with a flakey pastry lid, amidst buttery mashed potatoes and seasonal vegetables.

£12.95

Minted Welsh Lamb Shank

Mint infused lamb shank, slow cooked with a rich and tasty redcurrant and rosemary gravy, served with new potatoes and seasonal vegetables.

18.75

Homemade Steak & Ale Pie

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

£12.95

Traditional Recipe Lasagne

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

£12.50

Oven-baked Fillet of Salmon - GF

Skin on Fillet of Salmon, oven baked, served with a delicate cream, leek and white wine sauce, complimented by new potatoes and seasonal vegetables.

£14.75

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From The Grill

10.oz Welsh Sirloin Steak - GF

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

£19.75

Gammon Steak - GF

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

£15.50

Homemade Peppercorn or Stilton sauce to accompany your steak.

£3.00

Hearty portion of crispy delicious Onion Rings

£3.00

Burgers

Welsh Chuck & Brisket Cheese Burger

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

£11.25

Seasoned Chicken Fillet Stacker Burger

Hearty 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.

£9.95

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Traditional Pub Fayre

Breaded Whole-Tail Scampi

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

£11.75

Breaded Fillet of Cod & Chips

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

£12.50

Tomlinson Sausage & Mash

Delicious local butchers sausages, thick & buttery mashed potatoes and lashings of velvety homemade pan gravy. Proper homestyle comfort food.

£10.95

Homemade Chicken Balti

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

£11.25

Go Half Rice / Half Chips for an extra £1.50

Sides

Tear & Share Cheesy Garlic Bread

£6.00

Portion of Chips - add Cheese for 50p.

£3.25

Hearty portion of Crispy Onion Rings.

£3.00

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Vegetarian & Vegan Choices

Mushroom & Nut Roast - V

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.

£10.50

Vegan Spiced Vegetable Burger - VE

Two lightly spiced veggie packed burger patties, with Vegan Mayo.
Served alongside bistro style chips and a mixed dressed leaf garnish.

£9.75

Homemade Sweet Potato & Spinach Balti - VE - *GF

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.

£9.95

Go Half Rice / Half Chips for an extra £1.50

Vegan Lasagne - 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.

£10.95

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Desserts

Red Rhubarb Crumble

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

£6.75

Indulgent Chocolate Fudge Cake

Chocolate, Chocolate, Chocolate!

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

£6.95

Sticky Toffee Pudding

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.

£6.75

Banoffee Ice-Cream Cheesecake

Frozen banoffee ice-cream cheesecake on a buttery biscuit base, with chocolate shavings and a drizzle of caramel sauce, served alongside ice cream or cream.

£6.95

Neapolitan Sundae

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

£4.50