

# Glasfryn

~ Wednesday 22nd September 2021 ~

## Starters and Nibbles

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<b>Leek and potato soup</b> , bread, butter	5.95
<b>Sesame prawn toast</b> , cucumber, pickled gineger, spring onion	7.95
<b>Crispy pork belly</b> , butternut puree, maple bourbon glaze, crackling	7.95
<b>Chicken liver pâté</b> , carrot and apricot chutney, toast	6.95
<b>Crispy cauliflower and charred corn taco</b> , guacamole, pickled red onions, coriander, lime (vg)	6.95
<b>Red pepper hummus, warm pitta (vg)</b> 4.95	
<b>Crispy baby squid, sweet chilli sauce</b> 5.95	
<b>Halloumi fries, tomato salsa</b> 5.95	
<b>Spicy pork and chorizo meatballs</b> 4.95	
<b>BBQ jerk wings, mango salsa.</b> 5.95	
<b>Nocellara olives (vg)</b> 3.95	
<b>Garlic, mozzarella, pizza</b> 6.95	
<b>Garlic, rosemary, pizza</b> 5.95	
<b>Pork chipolatas, honey mustard</b> 4.95	
<b>Crispy brie, cranberry relish</b> 4.95	

## Mains

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<b>Deep fried cod in beer batter</b> , chips, mushy peas, tartare sauce	14.95 /10.95
<b>Pan fried sea bass</b> , charred vegetables, chorizo potatoes, tempura fennel, saffron aioli	16.95
<b>Sweet potato, red pepper falafel burger</b> fries, salad and raita	13.95
<b>Braised feather of beef bourguignon</b> , horseradish mash, buttered greens	16.95
<b>Vegan caramelised shallot risotto</b> , crispy sage, truffle oil	13.95
<b>Katsu chicken curry</b> , sticky coconut rice, cucumber salad	15.95
<b>David Joinson pork and leek sausages</b> , buttered mash potatoes, onion gravy	13.95 /10.95
<b>Lamb, roast parsnip and rosemary pie</b> , buttered mash potatoes, greens, redcurrant gravy	14.95
<b>Soy and ginger marinated salmon and tiger prawns</b> , cucumber, samphire and watermelon salad	16.95
<b>Steak burger, grilled bacon, Cheddar</b> , spiced tomato mayonnaise, coleslaw, fries	13.95
<b>Braised shoulder of lamb</b> , dauphinoise potatoes and rosemary gravy	18.95
<b>Smoked haddock and salmon fishcakes</b> , tomato and spring onion salad	13.95 /10.95
<b>10oz rump</b> , Dijon tarragon butter, portobello mushrooms, tomato, chips	23.95
<b>Crispy beef salad</b> , sweet chilli sauce, roasted cashew nuts	13.95
<b>Fish finger sandwich</b> , tartare sauce and salad	8.95
<b>Rump steak sandwich</b> , Dijon tarragon mayonnaise, onions and fries	11.95
<b>Bacon, mushroom and Gruyere quiche</b> , crème fraîche new potatoes, tomato salad	9.95
<b>Welsh rarebit on seeded toast</b> , red onion marmalade, celery, apple and grape salad	7.95
<b>Chicken, rocket and mayonnaise sandwich</b>	6.75

## Sides

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<b>Chunky chips</b> 3.75	<b>Buttered vegetables</b> 3.95	<b>Peppercorn sauce</b> 2.50
<b>Fries</b> 3.75	<b>Mixed salad (vg)</b> 3.95	<b>Beer battered onion rings</b> 3.95

*We are happy to provide allergen guidelines for all our menu items, for more detailed information or our gluten free menu please speak to a member of the team. We take additional measures when told about allergens but as our food is prepared and freshly cooked to order in our kitchen, we cannot guarantee all traces of allergens and gluten are completely removed. Please ask for our gluten free menu.*

## Puddings and Cheese

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<b>Bread and butter pudding</b> with clotted cream and apricot sauce	6.95
<b>Marmalade and white chocolate cheesecake</b> , chocolate ice cream	6.95
<b>Blackberry and sticky apple sponge</b> with cinnamon custard	6.25
<b>Rhubarb crumble tart</b> , rhubarb compote, lemon sorbet	6.95
<b>Sticky toffee pudding</b> , toffee sauce, vanilla ice cream	6.95
<b>Triple chocolate brownie</b> , chocolate sauce, vanilla ice cream	6.95
<b>Hot waffle, caramelised banana</b> , toffee sauce, honeycomb ice cream	6.95
<b>Dark chocolate and amaretti torte</b> , chocolate sauce, white chocolate ice cream	6.95
<b>Creme brulee</b> with shortbread	6.95
<b>A selection of British farmhouse cheese</b> , biscuits, chutney, celery	6.95

## Ice Creams and Sorbets

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<b>Cheshire Farm ice cream</b> choose three scoops from; vanilla, strawberry, chocolate, salted caramel, honeycomb, raspberry sorbet, lemon sorbet, Vegan coconut	5.85
<b>One scoop</b> 1.95	
<b>Two scoops</b> 3.90	

## Coffees and Hot Drinks

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<b>Selection of tea</b> 2.70	<b>Latte</b> 2.95
<b>Cafetiere of coffee</b> 2.95	<b>Espresso</b> 2.45
<b>Americano</b> 2.95	<b>Double espresso</b> 3.45
<b>Cappuccino</b> 2.95	<b>Mocha coffee</b> 2.95
<b>Flat white</b> 2.95	<b>Hot chocolate</b> 2.95

## Hot Drink with a Small Pudding

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<b>Mini triple chocolate brownie</b> , vanilla ice cream	6.95
<b>Mini waffle</b> , banana, honeycomb ice cream	6.95
<b>Mini sticky toffee pudding</b> , vanilla ice cream	6.95
<b>Creme brulee</b> with shortbread	6.95

## Childrens Mains

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<b>Fish fingers, chips, peas</b> 6.95	<b>5oz rump steak, chips, peas</b> 8.95
<b>Beef burger, cheese, chips</b> 6.95	<b>Tomato and basil pasta, cheese</b> 5.95

## Childrens Puddings

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<b>Chocolate brownie, vanilla ice cream</b>	3.95
<b>Hot waffle, banana, honeycomb ice cream</b>	3.95
<b>Sticky toffee pudding, vanilla ice cream</b>	3.95

# Glasfryn

With Allergen Information

~ Wednesday 22nd September 2021 ~

If you are reading our allergen menu you will probably have an allergy or sensitivity to a particular ingredient.

Can you please make this clear when ordering food so that we can ensure that the chefs are aware.

Where certain allergens are highlighted the allergen may relate to just one component of the dish, such as bread served with soup for instance, which may easily be substituted or removed. For more information please ask one of our crew.

## Starters and Nibbles

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**Leek and potato soup**, bread, butter £5.95

*Contains: Gluten, Milk, Celery, Sulphur Dioxide*

**Sesame prawn toast**, cucumber, pickled gineger, spring onion £7.95

*Contains: Gluten, Crustaceans, Egg, Fish, Soya, Milk, Sesame*

**Crispy pork belly**, butternut puree, maple bourbon glaze, crackling £7.95

*Contains: Egg, Milk, Celery, Sulphur Dioxide*

**Chicken liver pâté**, carrot and apricot chutney, toast £6.95

*Contains: Gluten, Egg, Milk, Sulphur Dioxide*

**Crispy cauliflower and charred corn taco**, guacamole, pickled red onions, coriander, lime (vg) £6.95

*Contains: Gluten, Sulphur Dioxide*

**Red pepper hummus**, warm pitta (vg) £4.95

*Contains: Gluten, Sesame*

**Crispy baby squid**, sweet chilli sauce £5.95

*Contains: Gluten, Molluscs*

**Halloumi fries, tomato salsa** £5.95

*Contains: Milk*

**Spicy pork and chorizo meatballs** £4.95

*Contains: Egg, Soya, Milk, Mustard*

**BBQ jerk wings**, mango salsa. £5.95

*Contains: Celery, Mustard*

**Nocellara olives (vg)** £3.95

**Garlic, mozzarella, pizza** £6.95

*Contains: Gluten, Milk*

**Garlic, rosemary, pizza** £5.95

*Contains: Gluten, Milk*

**Pork chipolatas, honey mustard** £4.95

*Contains: Mustard, Sulphur Dioxide*

**Crispy brie, cranberry relish** £4.95

*Contains: Egg, Milk, Sulphur Dioxide*

## Mains

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**Deep fried cod in beer batter**, chips, mushy peas, tartare sauce £14.95

*Contains: Egg, Fish, Sulphur Dioxide*

- Pan fried sea bass**, charred vegetables, chorizo potatoes, tempura fennel, saffron aioli £16.95  
*Contains: Egg, Fish, Soya, Milk, Mustard, Sulphur Dioxide*
- Sweet potato, red pepper falafel burger** fries, salad and raita £13.95  
*Contains: Gluten, Egg, Mustard, Sesame, Sulphur Dioxide*
- Braised feather of beef bourguignon**, horseradish mash, buttered greens £16.95  
*Contains: Milk, Celery, Mustard, Sulphur Dioxide*
- Vegan caramelised shallot risotto**, crispy sage, truffle oil £13.95  
*Contains: Soya, Celery, Sulphur Dioxide*
- Katsu chicken curry**, sticky coconut rice, cucumber salad £15.95  
*Contains: Egg, Soya, Milk, Sulphur Dioxide*
- David Joinson pork and leek sausages**, buttered mash potatoes, onion gravy £13.95  
*Contains: Gluten, Milk, Celery, Sulphur Dioxide*
- Lamb, roast parsnip and rosemary pie**, buttered mash potatoes, greens, redcurrant gravy £14.95  
*Contains: Milk, Celery, Sulphur Dioxide*
- Soy and ginger marinated salmon and tiger prawns**, cucumber, samphire and watermelon salad £16.95  
*Contains: Crustaceans, Fish, Soya, Milk, Mustard, Sesame, Sulphur Dioxide*
- Steak burger, grilled bacon, Cheddar**, spiced tomato mayonnaise, coleslaw, fries £13.95  
*Contains: Gluten, Egg, Soya, Milk, Mustard, Sulphur Dioxide*
- Braised shoulder of lamb**, dauphinoise potatoes and rosemary gravy £18.95  
*Contains: Milk, Celery, Sulphur Dioxide*
- Smoked haddock and salmon fishcakes**, tomato and spring onion salad £13.95  
*Contains: Egg, Fish, Milk, Mustard, Sulphur Dioxide*
- 10oz rump**, Dijon tarragon butter, portobello mushrooms, tomato, chips £23.95  
*Contains: Milk, Mustard, Sulphur Dioxide*
- Crispy beef salad**, sweet chilli sauce, roasted cashew nuts £13.95  
*Contains: Egg, Nuts, Milk*
- Fish finger sandwich**, tartare sauce and salad £8.95  
*Contains: Gluten, Egg, Fish, Milk, Sulphur Dioxide*
- Rump steak sandwich**, Dijon tarragon mayonnaise, onions and fries £11.95  
*Contains: Gluten, Egg, Mustard, Sulphur Dioxide*
- Bacon, mushroom and Gruyere quiche**, crème fraîche new potatoes, tomato salad £9.95  
*Contains: Egg, Milk*
- Welsh rarebit on seeded toast**, red onion marmalade, celery, apple and grape salad £7.95  
*Contains: Gluten, Egg, Fish, Milk, Celery, Mustard, Sulphur Dioxide*
- Chicken, rocket and mayonnaise sandwich** £6.75  
*Contains: Gluten, Egg, Milk, Mustard, Sulphur Dioxide*

## Sides

- Chunky chips £3.75  
 Fries £3.75  
 Buttered vegetables £3.95  
*Contains: Milk, Sulphur Dioxide*
- Mixed salad (vg) £3.95

Peppercorn sauce £2.50

*Contains: Milk, Celery, Mustard, Sulphur Dioxide*

Beer battered onion rings £3.95

## Puddings and Cheese

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**Bread and butter pudding** with clotted cream and apricot sauce £6.95

*Contains: Gluten, Egg, Soya, Milk, Sulphur Dioxide*

**Marmalade and white chocolate cheesecake**, chocolate ice cream £6.95

*Contains: Gluten, Soya, Milk, Sulphur Dioxide*

**Blackberry and sticky apple sponge** with cinnamon custard £6.25

*Contains: Gluten, Egg, Milk, Sulphur Dioxide*

**Rhubarb crumble tart**, rhubarb compote, lemon sorbet £6.95

*Contains: Gluten, Egg, Soya, Milk, Sulphur Dioxide*

**Sticky toffee pudding**, toffee sauce, vanilla ice cream £6.95

*Contains: Egg, Soya, Milk*

**Triple chocolate brownie**, chocolate sauce, vanilla ice cream £6.95

*Contains: Egg, Soya, Milk*

**Hot waffle, caramelised banana**, toffee sauce, honeycomb ice cream £6.95

*Contains: Gluten, Egg, Soya, Milk*

**Dark chocolate and amaretti torte**, chocolate sauce, white chocolate ice cream £6.95

*Contains: Gluten, Egg, Nuts, Soya, Milk, Sulphur Dioxide*

**Creme brulee** with shortbread £6.95

*Contains: Egg, Milk, Sulphur Dioxide*

**A selection of British farmhouse cheese**, biscuits, chutney, celery £6.95

*Contains: Gluten, Egg, Milk, Celery, Sulphur Dioxide*

## Ice Creams and Sorbets

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**Cheshire Farm ice cream** choose three scoops from; £5.85

*Contains: Milk*

**One scoop 1.95**

**Two scoops 3.90**

## Coffees and Hot Drinks

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**Selection of tea** £2.70

*Contains: Milk*

**Cafetiere of coffee** £2.95

*Contains: Milk*

**Americano** £2.95

*Contains: Milk*

**Cappuccino** £2.95

*Contains: Milk*

**Flat white** £2.95

*Contains: Milk*

**Latte** £2.95

*Contains: Milk*

**Espresso** £2.45

*Contains: Milk*

**Double espresso** £3.45

*Contains: Milk*

**Mocha coffee** £2.95

*Contains: Milk*

**Hot chocolate** £2.95

*Contains: Milk*

## Hot Drink with a Small Pudding

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**Mini triple chocolate brownie, vanilla ice cream** £6.95

*Contains: Egg, Soya, Milk*

**Mini waffle, banana, honeycomb ice cream** £6.95

*Contains: Gluten, Egg, Soya, Milk*

**Mini sticky toffee pudding, vanilla ice cream** £6.95

*Contains: Egg, Milk*

**Creme brulee with shortbread** £6.95

*Contains: Egg, Milk*

## Childrens Mains

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**Fish fingers, chips, peas** £6.95

*Contains: Egg, Fish, Milk*

**Beef burger, cheese, chips** £6.95

*Contains: Gluten, Soya, Milk*

**5oz rump steak, chips, peas** £8.95

**Tomato and basil pasta, cheese** £5.95

*Contains: Milk*

## Childrens Puddings

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**Chocolate brownie, vanilla ice cream** £3.95

*Contains: Egg, Soya, Milk*

**Hot waffle, banana, honeycomb ice cream** £3.95

*Contains: Gluten, Egg, Soya, Milk*

**Sticky toffee pudding, vanilla ice cream** £3.95

*Contains: Egg, Milk*

**vanilla**

*Contains: Milk*

**strawberry**

*Contains: Milk*

**chocolate**

*Contains: Milk*

**salted caramel**

*Contains: Milk*

**honeycomb**

*Contains: Milk*

**raspberry sorbet**

**lemon sorbet**

**Vegan coconut**

**Bread and butter** £2.95

*Contains: Gluten, Milk*

**Bacon, mushroom and Gruyere quiche, crème fraîche new potatoes, tomato salad** £9.95

*Contains: Egg, Milk*

**Cheshire Farm ice cream** choose two scoops from; £3.90

*Contains: Milk*

**Cheshire Farm ice cream** choose one scoop from; £1.95

*Contains: Milk*