

Glasfryn

~ Wednesday 30th September 2020 ~

Starters and Nibbles

Mezze plate - marinated aubergine and courgette, blush tomatoes, red pepper hummus and flat bread toasts 6.75

Leek and potato with granary bread 5.95

Baked Camembert with ciabatta croutes, apple, celery and walnut salad 7.95

Prawn cocktail with Marie Rose sauce and buttered seeded bread 8.95

Chicken liver pâté with apricot chutney, granary toast 6.95

Chicken Caesar croquettes with Parmesan and anchovy salad 7.45

Leek and potato with granary bread 5.95

Nocellara olives 3.95

BBQ chicken wings with BBQ sauce 5.75

Crispy vegetable Gyoza with spiced mango dip 4.95

Garlic and chilli king prawn 6.75

Crispy baby squid and sweet chilli sauce 5.95

Red pepper hummus with flatbread 4.50

Warm chorizo sausage 5.95

Mains

Fish pie; salmon, smoked haddock and prawns with French style peas 16.95

Pea and mint tortellini with garden pea velouté and asparagus Vg 13.95

Malaysian chicken curry with coconut rice and coriander beans 14.95

Grilled seabass fillets with potato and shallot terrine, chervil and lemon cream sauce 16.95

Cauliflower, chick pea and squash tagine with lemon and almond cous cous, warm flatbread vg 13.95

Confit of pork belly, Sage wrapped pork loin with colcannon potato, apple puree, braised baby gems and cider sauce 17.95

Steak and Ale pie with mash and buttered greens 14.95

Crispy beef salad with sweet chilli sauce and roasted cashew nuts 13.95

David Joinsons pork sausages with mash, buttered greens and onion gravy 13.95/10.95

Steak burger with grilled bacon, Cheddar, spiced tomato mayonnaise and coleslaw, fries 13.95

Braised shoulder of lamb with dauphinoise potatoes and rosemary gravy 18.95

Deep fried cod in beer batter with chips, mushy peas and tartare sauce 14.95/11.95

10oz ribeye steak with Dijon and tarragon butter, Portobello mushrooms, tomato and chunky chips 25.95

Light Bites

Wild mushroom risotto with tarragon, rocket and truffle oil 9.95

Smoked haddock and salmon fishcake, tomato and spring onion salad 10.95/13.95

Open prawn Marie-Rose on seeded bloomer 8.95

Goats' cheese and roasted Mediterranean vegetable quiche with crème fraîche potato salad 9.95

Rump steak sandwich, Dijon and tarragon mayonnaise, skin-on fries 11.95

Sides

Chunky chips 3.95

Garlic bread 3.95

Buttered vegetables 3.95

Green salad with lemon dressing 3.95

Fries 3.95

Garlic bread with cheese 4.25

Beer battered onion rings 3.95

Peppercorn sauce 2.50

Puddings, Ice Cream and Cheese

Chocolate and orange tart with mandarin sorbet Vg 6.95

Summer pudding with Chantilly cream 6.95

Sticky toffee pudding with toffee sauce and honeycomb ice cream 6.75

Lemon meringue roulade with raspberry sorbet 6.75

Crème brûlée with shortbread biscuits 6.75

Triple chocolate brownie with chocolate sauce and vanilla ice cream 6.75

Hot waffle and caramelised banana, with toffee sauce and honeycomb ice cream 6.45

Cheshire Farm Ice Cream; choose three scoops from: chocolate, strawberry, raspberry ripple or honeycomb 5.85

Vegan ice creams are available please ask

Cheshire Farm sorbet ; choose three scoops from lemon, mandarin 5.85

2 scoops 3.90 / 1 scoop 1.95

A selection of British farmhouse cheese; Barbers Vintage Cheddar, West Country Brie and Blacksticks Blue served with biscuits, chutney and celery 6.95

Hot Drinks

Cafetière coffee per person 2.95

Selection of tea 2.60

Espresso 2.45

Cappuccino 2.95

Latte 2.95

Flat white 2.95

Americano 2.95

Hot chocolate 2.95

Smaller Pudding and Coffee

Choose a mini version of one of our puddings with your choice of regular coffee or tea 6.95

Sticky toffee pudding

Toasted Belgian waffle with toffee sauce

Warm chocolate brownie

Crème brûlée

Childrens Menu

Garlic bread with cheese 4.25

Garlic bread 3.95

Childrens Mains

Beef burger with cheese and chips 6.95

Fish fingers with chips 6.75

Pork and leek sausages chips 6.75

5oz rump steak with fries 8.95

Tomato and basil penne pasta with cheese 5.95

Childrens puddings

Sticky toffee pudding with vanilla ice cream 3.95

Toasted Belgian waffle and toffee sauce 3.95

Fruit salad with lemon sorbet 3.95

Warm chocolate brownie with vanilla ice cream 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.

Glasfryn

With Allergen Information

~ Wednesday 30th September 2020 ~

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

Mezze plate - marinated aubergine and courgette, blush tomatoes, red pepper hummus and flat bread toasts £6.75

Contains: Gluten, Sesame, Sulphur Dioxide

Leek and potato with granary bread £5.95

Contains: Gluten, Milk, Celery, Sulphur Dioxide

Baked Camembert with ciabatta croutes, apple, celery and walnut salad £7.95

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

Prawn cocktail with Marie Rose sauce and buttered seeded bread £8.95

Contains: Gluten, Crustaceans, Egg, Fish, Milk, Celery, Mustard, Sulphur Dioxide

Chicken liver pâté with apricot chutney, granary toast £6.95

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

Chicken Caesar croquettes with Parmesan and anchovy salad £7.45

Contains: Egg, Fish, Milk, Celery, Mustard, Sulphur Dioxide

Leek and potato with granary bread £5.95

Contains: Gluten, Milk, Celery, Sulphur Dioxide

Nocellara olives £3.95

BBQ chicken wings with BBQ sauce £5.75

Contains: Celery, Mustard, Sulphur Dioxide

Crispy vegetable Gyoza with spiced mango dip £4.95

Contains: Gluten, Soya, Sesame, Sulphur Dioxide

Garlic and chilli king prawn £6.75

Contains: Crustaceans, Milk, Sulphur Dioxide

Crispy baby squid and sweet chilli sauce £5.95

Contains: Gluten, Molluscs, Sesame, Sulphur Dioxide

Red pepper hummus with flatbread

£4.50

Contains: Gluten, Milk, Sesame

Warm chorizo sausage £5.95

Contains: Soya, Milk, Sulphur Dioxide

Mains

Fish pie; salmon, smoked haddock and prawns with French style peas £16.95

Contains: Crustaceans, Egg, Fish, Milk, Celery, Sulphur Dioxide

Pea and mint tortellini with garden pea velouté and asparagus Vg £13.95

Contains: Gluten, Soya, Celery

Malaysian chicken curry with coconut rice and coriander beans £14.95

Contains: Celery, Mustard, Sulphur Dioxide

Grilled seabass fillets with potato and shallot terrine, chervil and lemon cream sauce £16.95

Contains: Fish, Milk, Celery, Sulphur Dioxide

Cauliflower, chick pea and squash tagine with lemon and almond cous cous, warm flatbread vg £13.95

Contains: Gluten, Nuts, Soya, Celery, Sulphur Dioxide

Confit of pork belly, Sage wrapped pork loin with colcannon potato, apple puree, braised baby gems and cider sauce £17.95

Contains: Milk, Celery, Sulphur Dioxide

Steak and Ale pie with mash and buttered greens £14.95

Contains: Egg, Milk, Celery, Sulphur Dioxide

Crispy beef salad with sweet chilli sauce and roasted cashew nuts £13.95

Contains: Egg, Nuts, Soya

David Joinsons pork sausages with mash, buttered greens and onion gravy £13.95

Contains: Gluten, Milk, Celery, Sulphur Dioxide

Steak burger with grilled bacon, Cheddar, spiced tomato mayonnaise and coleslaw, fries £13.95

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

Braised shoulder of lamb with dauphinoise potatoes and rosemary gravy £18.95

Contains: Soya, Milk, Celery, Sulphur Dioxide

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

Contains: Egg, Fish, Mustard, Sulphur Dioxide

10oz ribeye steak with Dijon and tarragon butter, Portobello mushrooms, tomato and chunky chips £25.95

Contains: Milk, Mustard, Sulphur Dioxide

Light Bites

Wild mushroom risotto with tarragon, rocket and truffle oil £9.95

Contains: Celery

Smoked haddock and salmon fishcake, tomato and spring onion salad £10.95

Contains: Egg, Fish, Milk, Mustard, Sulphur Dioxide

Open prawn Marie-Rose on seeded bloomer £8.95

Contains: Gluten, Crustaceans, Egg, Fish, Soya, Milk, Celery, Mustard, Sulphur Dioxide

Goats' cheese and roasted Mediterranean vegetable quiche with crème fraîche potato salad £9.95

Contains: Egg, Milk, Sulphur Dioxide

Rump steak sandwich, Dijon and tarragon mayonnaise, skin-on fries £11.95

Contains: Gluten, Egg, Mustard, Sulphur Dioxide

Sides

Chunky chips £3.95

Garlic bread £3.95

Contains: Gluten, Milk, Sulphur Dioxide

Buttered vegetables £3.95

Contains: Milk, Sulphur Dioxide

Green salad with lemon dressing £3.95

Contains: Celery, Sulphur Dioxide

Fries £3.95

Garlic bread with cheese £4.25

Contains: Gluten, Milk, Sulphur Dioxide

Beer battered onion rings £3.95

Peppercorn sauce £2.50

Contains: Milk, Celery, Sulphur Dioxide

Puddings, Ice Cream and Cheese

Chocolate and orange tart with mandarin sorbet Vg £6.95

Contains: Gluten, Soya, Sulphur Dioxide

Summer pudding with Chantilly cream £6.95

Contains: Gluten, Soya, Milk

Sticky toffee pudding with toffee sauce and honeycomb ice cream £6.75

Contains: Egg, Soya, Milk

Lemon meringue roulade with raspberry sorbet £6.75

Contains: Egg, Milk

Crème brûlée with shortbread biscuits £6.75

Contains: Egg, Milk

Triple chocolate brownie with chocolate sauce and vanilla ice cream £6.75

Contains: Egg, Soya, Milk

Hot waffle and caramelised banana, with toffee sauce and honeycomb ice cream £6.45

Contains: Gluten, Egg, Soya, Milk

Cheshire Farm Ice Cream; choose three scoops from: chocolate, strawberry, raspberry ripple or honeycomb £5.85

Contains: Peanuts, Nuts, Soya, Milk

Vegan ice creams are available please ask

Cheshire Farm sorbet ; choose three scoops from lemon, mandarin £5.85

Contains: Milk

2 scoops 3.90 / 1 scoop 1.95

A selection of British farmhouse cheese; Barbers Vintage Cheddar, West Country Brie and Blacksticks Blue served with biscuits, chutney and celery £6.95

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

Hot Drinks

Cafetière coffee per person £2.95

Contains: Egg, Soya, Milk

Selection of tea £2.60

Contains: Egg, Soya, Milk

Espresso £2.45

Contains: Egg, Soya, Milk

Cappuccino £2.95

Contains: Egg, Soya, Milk

Latte £2.95

Contains: Egg, Soya, Milk

Flat white £2.95

Contains: Egg, Soya, Milk

Americano £2.95

Contains: Egg, Soya, Milk

Hot chocolate £2.95

Contains: Egg, Soya, Milk

Smaller Pudding and Coffee

Choose a mini version of one of our puddings with your choice of regular coffee or tea £6.95

Sticky toffee pudding £6.95

Contains: Egg, Soya, Milk

Toasted Belgian waffle with toffee sauce £6.95

Contains: Gluten, Egg, Soya, Milk

Warm chocolate brownie £6.95

Contains: Egg, Soya, Milk

Crème brûlée

Childrens Menu

Garlic bread with cheese £4.25

Contains: Gluten, Milk, Sulphur Dioxide

Garlic bread £3.95

Contains: Gluten, Milk, Sulphur Dioxide

Childrens Mains

Beef burger with cheese and chips £6.95

Contains: Gluten, Egg, Soya, Milk

Fish fingers with chips £6.75

Contains: Egg, Fish, Milk

Pork and leek sausages chips £6.75

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

5oz rump steak with fries £8.95

Contains: Milk, Celery, Sulphur Dioxide

Tomato and basil penne pasta with cheese £5.95

Contains: Milk, Sulphur Dioxide

Childrens puddings

Sticky toffee pudding with vanilla ice cream £3.95

Contains: Egg, Soya, Milk

Toasted Belgian waffle and toffee sauce £3.95

Contains: Gluten, Egg, Soya, Milk

Fruit salad with lemon sorbet £3.95

Warm chocolate brownie with vanilla ice cream £3.95

Contains: Egg, Soya, Milk

Single scoop £1.95

Contains: Milk

Two scoops £3.90

Contains: Milk

Sticky toffee pudding £6.95

Contains: Egg, Soya, Milk

Crème brûlée £6.95

Contains: Egg, Milk

Warm chocolate brownie £6.95

Contains: Egg, Soya, Milk

Toasted Belgian waffle with toffee sauce £6.95

Contains: Gluten, Egg, Soya, Milk

Two scoops £3.90

Contains: Peanuts, Nuts, Soya, Milk

Single scoop £1.95

Contains: Peanuts, Nuts, Soya, Milk

Bread with butter £2.50

Contains: Gluten, Soya, Milk

Sweet potato, courgette and chick pea tagine with lemon and almond couscous (vg) £11.95

Contains: Gluten, Nuts, Celery, Sulphur Dioxide