

Glasfryn

~ Tuesday 18th June 2019 ~

While You Wait

Kir Royale Flute of prosecco with Creme de Cassis 7.45

Bellini Flute of prosecco with peach puree and Creme de Peche 7.45

Glasfryn Gin Our very own gin served with Fevertree Lemon tonic and a wedge of lime. 5.80

Starters, Nibbles and Things to Share

Tomato and roasted red pepper soup with crusty bread 5.75

Crispy lamb and feta salad with wild garlic, mint and garden peas 6.95

Warm peppered smoked mackerel, with Nicoise salad and salsa Verde 7.45

Lime and chilli crab cakes with sweetcorn salsa 7.25

Cider braised pigs cheek with colcannon cake, crispy bacon and scrumpy sauce 6.95

English asparagus crisp hens egg, english mustard and tarragon butter 7.45

Chicken liver pâté with carrot and apricot chutney and granary toast 6.95

Mixed Olives 4.25

Steamed prawn dim sums 5.25

Garlic prawns 6.50

Goats' cheese Fritters 4.95

Pork chipolatas with honey and mustard 4.95

Red pepper hummus with flatbread 4.50

BBQ chicken wings 5.45

Charcuterie board; selection of cured meats, chicken liver pate, marinated goats cheese, pickles, hummus, garden chutney with granary toast (great for sharing) 18.95

Mains

Katsu Chicken curry with sticky coconut rice, carrot and courgette ribbons & pak choi 14.95

Spiced black bean burger with sweetcorn salsa, guacamole and skin-on fries 13.45

Roasted chalk stream trout with crushed pancetta potato cake and a mussel and clam velouté 16.95

Coconut and sweet potato dhansak (VG) served with sticky jasmine rice and red onion bhaji 12.95

Sticky belly pork and pickled ginger salad with chilli roasted pineapple and five spice crackling 14.95

Steak and ale suet pudding with mash, buttered vegetables and onion gravy 14.50

Grilled sea bream fillets with crab croquette, pea purée and sun blushed tomatoes 17.95

Traditional pork sausages with mash, buttered greens and onion gravy 12.45/9.45

Duck breast, fondant potato, tenderstem broccoli, carrot puree and a rich jus 18.95

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

Deep fried cod in beer batter with chips, mushy peas and tartare sauce 14.25/9.95

Honey roasted ham (served cold) with free range eggs and chips 12.45/9.45

Steak burger topped with grilled bacon and Cheddar, served with coleslaw and chips 13.95

Smoked haddock and salmon fishcakes with tomato and spring onion salad 13.95/9.95

10oz Rump steak with garlic butter, onion rings, portobello mushrooms, tomato and chips 18.95

Braised shoulder of lamb with minted crushed potatoes, seasonal vegetables and gravy 17.95

Side Orders

Fries 3.75

Peppercorn sauce 2.50

Garlic bread 3.95

Chunky chips 3.75

Ciabatta and focaccia with oil 4.95

Garlic bread with cheese 4.50

Buttered vegetables 3.95

Mixed salad & house dressing 4.50

Bread with butter 2.50

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.

Light Bites and Sandwiches

- Salt & pepper tofu**, with mango, radish and pickled rice noodle salad 9.25
Asparagus, pea and feta quiche with crème fraîche new potato salad 9.45
Chilli and ginger crab with courgette and Spaghetti pasta 10.95
Greek salad Focaccia with hummus, feta and mixed salad (v) 7.95
Grilled Lamb koftas served with a greek style salad , pitta bread and yoghurt and mint dressing 9.95
Cajun Chicken Wrap with Lime Sour Cream and Tortilla Crisps. 7.45
Rump steak sandwich (served medium-rare)with sun blushed tomatoes,
Dijon and tarragon mayonnaise and a few fries 10.95
Open prawn and Marie Rose mayonnaise on granary bloomer 7.95
Ham, English mustard and tomato on white bread with a few crisps 6.50

Puddings and Ice Creams

- Triple chocolate brownie** with chocolate sauce and vanilla ice cream 6.25
Hot waffle with caramelised banana, toffee sauce and ice cream 6.25
Sticky toffee pudding with toffee sauce and vanilla ice cream 6.25
Boozy cherry meringue roulade with cherry sorbet 6.50
Spiced roasted pineapple, coconut granola, rum syrup, passion fruit sorbet. 5.45
Crème brûlée with shortbread biscuits 5.95
Dark chocolate and orange tart with Mandarin sorbet 6.45
Chase grapefruit and pomello gin jelly, with lemon sorbet and citrus fruits 6.95

Cheshire Farm ice cream - choose from: vanilla, chocolate, strawberry, honeycomb, white chocolate chunk or coconut

Cheshire Farm sorbet - choose from: lemon, lime, wild cherry, passion fruit, mango, blackcurrant or mandarin

3 Scoops 5.70 / 2 scoops 3.80 / 1 Scoop 1.90

Cheese and Biscuits

A selection of British farmhouse cheeses; Smoked Applewood, Stilton, Caerphilly, Brie & Cheddar with biscuits, chutney and celery

5 cheeses to share 10.95 or enjoy 3 on your own 6.95

Cockburns Ruby Port 50ml 3.15

Martins de Sá White, Rose or Tawny ports, 50ml 4.00

Teas and Coffees

Cafetière coffee per person 2.95

Tea (including herbal) 2.60

Latte 2.95

Cappuccino 2.95

Espresso (double) 2.95

Espresso (single) 2.45

Americano 2.95

Hot chocolate 2.85

Mocha coffee 2.85

Coffee and a Small Pudding

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

Hot waffle with toffee sauce

Triple chocolate brownie with chocolate sauce

Crème Brûlée with shortbread biscuit

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

~ Tuesday 18th June 2019 ~

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.

While You Wait

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Kir Royale Flute of prosecco with Creme de Cassis £7.45

Bellini Flute of prosecco with peach puree and Creme de Peche £7.45

Glasfryn Gin Our very own gin served with Fevertree Lemon tonic and a wedge of lime. £5.80

Starters, Nibbles and Things to Share

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Tomato and roasted red pepper soup with crusty bread £5.75

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

Crispy lamb and feta salad with wild garlic, mint and garden peas £6.95

Contains: Soya, Milk, Celery, Sulphur Dioxide

Warm peppered smoked mackerel, with Nicoise salad and salsa Verde £7.45

Contains: Egg, Fish, Sulphur Dioxide

Lime and chilli crab cakes with sweetcorn salsa £7.25

Contains: Crustaceans, Celery, Sulphur Dioxide

Cider braised pigs cheek with colcannon cake, crispy bacon and scrumpy sauce £6.95

Contains: Milk, Celery, Mustard, Sulphur Dioxide

English asparagus crisp hens egg, english mustard and tarragon butter £7.45

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

Chicken liver pâté with carrot and apricot chutney and granary toast £6.95

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

Mixed Olives £4.25

Contains: Sulphur Dioxide

Garlic prawns £6.50

Contains: Crustaceans, Milk

Pork chipolatas with honey and mustard £4.95

Contains: Gluten, Soya, Mustard, Sulphur Dioxide

BBQ chicken wings £5.45

Contains: Celery, Mustard

Steamed prawn dim sums £5.25

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

Goats' cheese Fritters £4.95

Contains: Gluten, Egg, Milk

Red pepper hummus with flatbread

£4.50

Contains: Gluten, Milk, Sesame

Charcuterie board; selection of cured meats, chicken liver pate, marinated goats cheese, pickles, hummus, garden chutney with granary toast (great for sharing) £18.95

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

Mains

Katsu Chicken curry with sticky coconut rice, carrot and courgette ribbons & pak choi £14.95

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

Spiced black bean burger with sweetcorn salsa, guacamole and skin-on fries £13.45

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

Roasted chalk stream trout with crushed pancetta potato cake and a mussel and clam velouté £16.95

Contains: Molluscs, Fish, Milk, Celery, Sulphur Dioxide

Coconut and sweet potato dhansak (VG) served with sticky jasmine rice and red onion bhaji £12.95

Contains: Soya, Celery, Mustard

Sticky belly pork and pickled ginger salad with chilli roasted pineapple and five spice crackling £14.95

Contains: Soya, Sulphur Dioxide

Steak and ale suet pudding with mash, buttered vegetables and onion gravy £14.50

Contains: Milk, Celery, Sulphur Dioxide

Grilled sea bream fillets with crab croquette, pea purée and sun blushed tomatoes £17.95

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

Traditional pork sausages with mash, buttered greens and onion gravy £12.45

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

Duck breast, fondant potato, tenderstem broccoli, carrot puree and a rich jus £18.95

Contains: Milk, Celery, Sulphur Dioxide

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

Contains: Nuts, Soya

Deep fried cod in beer batter with chips, mushy peas and tartare sauce £14.25

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

Honey roasted ham (served cold) with free range eggs and chips £12.45

Contains: Egg, Mustard, Sulphur Dioxide

Steak burger topped with grilled bacon and Cheddar, served with coleslaw and chips £13.95

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

Smoked haddock and salmon fishcakes with tomato and spring onion salad £13.95

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

10oz Rump steak with garlic butter, onion rings, portobello mushrooms, tomato and chips £18.95

Contains: Gluten, Milk, Mustard, Sulphur Dioxide

Braised shoulder of lamb with minted crushed potatoes, seasonal vegetables and gravy £17.95

Contains: Milk, Celery, Sulphur Dioxide

Side Orders

Fries £3.75

Chunky chips £3.75

Buttered vegetables £3.95

Contains: Milk, Sulphur Dioxide

Peppercorn sauce £2.50

Contains: Milk, Celery, Sulphur Dioxide

Ciabatta and focaccia with oil £4.95

Contains: Gluten, Soya, Milk, Sulphur Dioxide

Mixed salad & house dressing £4.50
Contains: Celery, Mustard, Sulphur Dioxide

Garlic bread £3.95
Contains: Gluten, Soya, Milk

Garlic bread with cheese £4.50
Contains: Gluten, Soya, Milk

Bread with butter £2.50
Contains: Gluten, Soya, Milk

Light Bites and Sandwiches

Salt & pepper tofu, with mango, radish and pickled rice noodle salad £9.25
Contains: Soya, Sesame, Sulphur Dioxide

Asparagus, pea and feta quiche with crème fraîche new potato salad £9.45
Contains: Egg, Milk, Celery, Mustard, Sulphur Dioxide

Chilli and ginger crab with courgette and Spaghetti pasta £10.95
Contains: Crustaceans, Egg, Sulphur Dioxide

Greek salad Focaccia with hummus, feta and mixed salad (v) £7.95
Contains: Gluten, Milk, Sesame, Sulphur Dioxide

Grilled Lamb koftas served with a greek style salad , pitta bread and yoghurt and mint dressing £9.95
Contains: Gluten, Egg, Milk, Sulphur Dioxide

Cajun Chicken Wrap with Lime Sour Cream and Tortilla Crisps. £7.45
Contains: Gluten, Milk, Celery, Mustard, Sulphur Dioxide

Rump steak sandwich (served medium-rare)with sun blushed tomatoes,
Dijon and tarragon mayonnaise and a few fries £10.95
Contains: Gluten, Egg, Mustard, Sulphur Dioxide

Open prawn and Marie Rose mayonnaise on granary bloomer £7.95
Contains: Gluten, Crustaceans, Egg, Fish, Soya, Celery, Mustard, Sulphur Dioxide

Ham, English mustard and tomato on white bread with a few crisps £6.50
Contains: Gluten, Soya, Milk, Mustard, Sulphur Dioxide

Puddings and Ice Creams

Triple chocolate brownie with chocolate sauce and vanilla ice cream £6.25
Contains: Egg, Soya, Milk

Hot waffle with caramelised banana, toffee sauce and ice cream £6.25
Contains: Gluten, Egg, Peanuts, Nuts, Soya, Milk

Sticky toffee pudding with toffee sauce and vanilla ice cream £6.25
Contains: Egg, Soya, Milk

Boozy cherry meringue roulade with cherry sorbet £6.50
Contains: Egg, Milk, Sulphur Dioxide

Spiced roasted pineapple, coconut granola, rum syrup, passion fruit sorbet. £5.45
Contains: Nuts, Sulphur Dioxide

Crème brûlée with shortbread biscuits £5.95
Contains: Gluten, Egg, Milk

Dark chocolate and orange tart with Mandarin sorbet £6.45
Contains: Gluten, Nuts, Soya

Chase grapefruit and pomello gin jelly, with lemon sorbet and citrus fruits £6.95
Contains: Sulphur Dioxide

Cheshire Farm ice cream - choose from: vanilla, chocolate, strawberry, honeycomb, white chocolate chunk or coconut

Cheshire Farm sorbet - choose from: lemon, lime, wild cherry, passion fruit, mango, blackcurrant or mandarin

3 Scoops 5.70 / 2 scoops 3.80 / 1 Scoop 1.90

Cheese and Biscuits

A selection of **British farmhouse cheeses**; Smoked Applewood, Stilton, Caerphilly, Brie & Cheddar with biscuits, chutney and celery

5 cheeses to share 10.95 or enjoy 3 on your own 6.95

Cockburns Ruby Port 50ml £3.15

Martins de Sá White, Rose or Tawny ports, 50ml £4.00

Teas and Coffees

Cafetière coffee per person £2.95

Contains: Gluten, Nuts, Soya, Milk

Tea (including herbal) £2.60

Contains: Gluten, Egg, Nuts, Soya, Milk

Latte £2.95

Contains: Gluten, Egg, Nuts, Soya, Milk

Cappuccino £2.95

Contains: Gluten, Egg, Nuts, Soya, Milk

Espresso (double) £2.95

Contains: Gluten, Nuts, Soya, Milk

Espresso (single) £2.45

Contains: Gluten, Nuts, Soya, Milk

Americano £2.95

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

Hot chocolate £2.85

Contains: Gluten, Nuts, Soya, Milk

Mocha coffee £2.85

Contains: Gluten, Egg, Soya, Milk

Coffee and a Small Pudding

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

Hot waffle with toffee sauce

Triple chocolate brownie with chocolate sauce

Creme Brulee with shortbread biscuit

Creme Brulee £6.95

Contains: Gluten, Egg, Milk

Sticky toffee pudding £6.95

Contains: Egg, Soya, Milk

Warm chocolate brownie £6.95

Contains: Egg, Soya, Milk

Toasted Waffle with toffee sauce £6.95

Contains: Gluten, Egg, Soya, Milk

Ice cream Ice cream: vanilla, chocolate, honeycomb, Baileys, strawberry or white chocolate chunk £5.70

Contains: Gluten, Egg, Nuts, Soya, Milk

Ice cream: vanilla, chocolate, honeycomb or strawberry and white chocolate chunk £3.80

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

Ice cream: vanilla, chocolate, honeycomb, strawberry or white chocolate chunk £1.90

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

Sorbet choose from Mango, Raspberry, Lime, Strawberry or Wild Cherry £5.70

Contains: Gluten, Egg, Soya, Milk

Sorbet: mango, lemon £1.90

Contains: Gluten, Egg, Soya, Milk

Sorbet: mango, lemon or pink grapefruit £3.80

Contains: Gluten, Egg, Soya, Milk

A selection of local farmhouse cheeses, biscuits and quince jelly and chutney: Enjoy on your own (choose 3 cheeses)

£6.95

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