

# *the* **Nag's Head** *Sunday Lunch*

## **Starters**

**Mezze** - pitta bread, falafels, hummus, olives, pickles and dipping oil (so,g,s,su) (VG) **£6**

**Prawn & Crayfish Salad** - served with apple, cucumber & lime mayo and "Bloody Mary" ketchup (cr,e,so,c,f) (GF) **£7**

**Crispy Salt & Pepper Calamari** - served with salad leaves and a chipotle mayonnaise dip (g,e,mo,so) **£7**

**Home Smoked Duck Breast** - with a mango & chilli salsa and pomegranate dressing (so) (GF) **£7**

**Pork, Apple & Rosemary Terrine** - with apple chutney, black garlic and crostini (g,e,so,su) **£6**

**Caprese Salad** - a tomato, mozzarella and rocket salad served with basil pesto (m,so) (GF) **£6**

## **Mains**

**Roast Beef or Roast Turkey Breast** - with roast potatoes, mash potato, parsnips, red cabbage, stuffing, Yorkshire pudding and gravy, served with blanched seasonal vegetables (so,g,e,m) **£15**

**Parsnip and Wild Mushroom Nut Roast** - with roast potatoes, mash potato, parsnips, red cabbage, stuffing and gravy, served with blanched seasonal vegetables (g,n,so,p) (VG) **£15**

**Pan Fried Sea Bass Fillets** - served with sautéed potatoes and chorizo, charred baby gem lettuce and a red pepper sauce (f,so) (GF) **£17**

**Beer Battered Cod & Chips** - served with crushed peas and homemade tartar sauce (g,e,f,so,su) **£14**

**8oz Gourmet Beef Steak Burger** - served in a toasted bun with smoked bacon, Welsh cheddar, tomato salsa, and salad leaves, with a choice of sweet potato fries or chips (m,e,mu,so,su, g) **£15**

**Vegan Beetroot & Red Pepper Bean Burger** - served in a toasted bun with smoked vegan cheese, tomato salsa, fresh tomato, baby gem lettuce with a choice of sweet potato fries or chips (g,so,su) (V) (VG) **£14**

## Side Dishes £3

Garlic Bread (g,m)  
Cheesy Garlic Bread (g,m)  
Chips (so) (GF) (V) (VG)  
Sweet Potato Fries (so) (GF) (V) (VG)  
Onion Rings (g,so,su) (V) (VG)  
Side Salad (so,su) (GF) (V) (VG)

## Desserts

**Eton Mess** – homemade meringue with summer berry compote, Chantilly cream, fresh berries, and raspberry & mango coulis (e,m) (V) (GF) £7

**Dark Chocolate & Avocado Mousse** - with raspberry compote and honeycomb (VG) (GF) £6

**Milk Chocolate Pudding** - sticky hot chocolate pudding served with honeycomb, chocolate shards and white chocolate ice cream (g,e,m) (V) £7

**Deep Filled Vanilla Cheesecake** - served with fresh strawberries and strawberry coulis (g,m) (V) £7

**Cookie Dough Sundae** - cookie dough and ice cream served with chocolate and strawberry sauce (g,e,m) (V) £6

**Nags Cheese Board** - selection of three local “award winning” Welsh cheeses served with quince, grapes, chutney and crackers (g,m,su) £10 - please ask our team for our current selection

## Children's Menu

### Mains

**Mini Roast** - children's sized roast dinner – beef or turkey or “half & half”! (so,g,e,m) £7

**Breaded Chicken Fillet Goujons** - (g,e,so) or baked (so) (GF) with chips and beans (so) £6

**Pork Sausages** - (g,so) or veggie sausages (c,g,e,m,so) with chips and beans £6

**Mini Fish & Chips** - battered fish with chips and crushed peas (g,f,so) £6

**Mini Cheese Burger** - steak beef burger with Welsh cheddar and chips (g,e,m,mu,so) £6

**Tagliatelle Pasta** - creamy tomato sauce, grated cheese and garlic bread (g,e,m) (V) £5

### Desserts

**Cookie Dough Sundae** - children's sized cookie dough and ice cream served with chocolate and strawberry sauce (g,e,m) (V) £4

**Milk Chocolate Pudding** - children's sized sticky hot chocolate pudding served with white chocolate ice-cream (g,e,m) (V) £4

**Fresh Fruit** - selection of fresh berries and fruit (VG) (GF) £3

**Scoops of Ice-cream** - (g,e,m,n,so) £2 each - please ask our team for our current selection

**Some of our dishes can be substituted for gluten free or vegan options upon request**

(V = Vegetarian, VG = Vegan, GF = Gluten Free)

**Please speak to a member of staff if you have a food allergy or intolerance**

(c = celery, g = cereals, cr = crustaceans, e = eggs, f = fish, g = gluten, l = lupin, m = milk, mo = molluscs, mu = mustard, n = nuts, p = peanuts, s = sesame seeds, so = soya, su = sulphur dioxide)