

eat • drink • sleep

the
Nag's Head

Lunch Menu

Nibbles & Sides *(try any 3 for £9)*

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| Chips/Cheesy Chips - parmesan, garlic, rosemary (GF,V) £3/£4 | Marinated Mixed Olives (GF,V) £3 |
| Chipotle Hummus - sourdough flat bread (GFO,V) £4 | Beer Battered Onion Rings (V) £4 |
| Smoked Bacon Mac & Cheese Bites - chilli cheese dip £3 | Garlic Bread (V) £3 |
| Beer Battered Cod Bites - homemade tartar sauce (GFO) £4 | Cheesy Garlic Bread (V) £4 |
| Spanish Cauliflower Fritters - chilli mayo (V) £3 | Jalapeno Cheese Bites - ranch mayo (V) £3 |

Small Plate Starters & Wraps

- Crispy Salt & Pepper Calamari Fritti** - Thai mayonnaise dip (GFO) £8
- Caprese Salad** - roasted tomatoes, mozzarella, aubergine caviar, basil pesto, rocket (GF,V) £7
- Pulled Welsh Beef Nachos** - mozzarella, BBQ sauce, guacamole, sour cream, coriander (GF) £8
- Slow Roasted Honey & Sesame Pork Bao Buns** - pickled slaw, Korean BBQ sauce, micro coriander £9
- Hickory Smoked Salmon & Prawn Bruschetta** - garlic aioli, cucumber, lemon gel, pickles, micro greens £9
- Crispy Cod Goujon Sourdough Wrap** - pickled slaw, tartar sauce, salad, crisps £10
- Crispy Katsu Chicken Sourdough Wrap** - curried slaw, katsu mayonnaise, salad, crisps £10
- Crispy Sweet Potato Falafel Sourdough Wrap** - pickled slaw, sweet chilli mayo, salad, crisps (V) £9

Mains

- Welsh Beef Steak Burger** - with pulled BBQ pork, Monterey Jack cheese, lettuce, ranch mayonnaise, crispy onions, sourdough bun, chips £16
- Katsu Chicken Burger** - curried slaw, Katsu mayonnaise, lettuce, sourdough bun, chips £16
- Beer Battered Haddock Fillet** - chips, minted mushy peas, homemade tartar sauce (GFO) £17
- Chargrilled Swordfish Steak Salad** - tomatoes, olives, feta, cucumber, black rice, salad, lemon dressing £16
- Red Thai Chicken Curry** - Jasmine rice, naan bread £16 (+ chips £3) (or sweet potato for Vegetarians) (V) £15
- Chicken, Pancetta & Spinach Penne Pasta** - creamy garlic & white wine sauce and fresh parmesan (GFO) £15
- Homemade Beetroot Gnocchi** - roasted sweet potato, spinach, red onion, red pepper pesto, parmesan, vegetable crisps (V) £14

Desserts

Malteser Ice Cream Sundae (V) £8

Merlyn Welsh Cream Liqueur Tiramisu (V) £7

Lemon Meringue Tart - lemon purée, raspberry sorbet (V) £7

White Chocolate & Raspberry Cheesecake - raspberry compote & gel (V) £8

Chocolate Mousse - salted caramel sauce, chocolate soil, toffee popcorn, mango purée (GFO,V) £8

Trio Of Local Caws Cenarth Cheeseboard - Tregroes biscuits, chutney (V) £8 (add a glass of Port) £10

Children's Menu

Mains - all @ £8

Chicken Goujons - with chips & peas or beans

Pork Sausages - with chips & peas or beans

Veggie Sausages - with chips & peas or beans (GF,VG)

Mini Battered Fish - with chips & peas or beans (GFO)

Cheesy Pasta Bake - with garlic bread (GFO,V)

Mini Welsh Beef Cheeseburger - with chips & peas or beans

Desserts - all @ £5

Chocolate Brownie - with vanilla ice cream (V)

American Waffle - chocolate sauce, chocolate crumb, vanilla ice cream (V)

Two Scoops of Ice Cream - vanilla, chocolate, strawberry, malteser or mint (V)

(V = Vegetarian, VG = Vegan (ask for separate menu), GF = Gluten Free, GFO = Gluten Free On Request)

[If you have a food allergy or intolerance please ask a member of staff for the food allergens menu](#)

[Separate Vegan Menu Available](#)