

*eat • drink • sleep*  

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*the*  
***Mag's Head***  

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*Lunch Menu*

**Nibbles** *(try any 3 for £9)*

**Chipotle Hummus** - sourdough flat bread (GFO,V) £3

**Marinated Mixed Olives** (GF,V) £3

**Smoked Bacon Mac & Cheese Bites** - chilli cheese dip £4

**Crispy Cod Bites** - homemade tartar sauce £4

**Spanish Cauliflower Fritters** - chilli mayo (V) £4

**Chilli Cheese Bites** - ranch mayo (V) £4

**Small Plate Starters**

**Crispy Salt & Pepper Calamari Fritti** - Thai mayonnaise dip (GFO) £8

**Italian Prawn Bruschetta** - tomatoes, olives, basil, balsamic, micro greens £9

**Pulled Welsh Beef Nachos** - mozzarella, BBQ sauce, guacamole, sour cream, coriander (GF) £8

**Caribbean Halloumi Skewer** – black rice, azuki bean and melon salad, jerk mango dressing (V) £8

**Slow Roasted Honey & Sesame Pork Bao Buns** - pickled slaw, Korean BBQ sauce, micro coriander £9

**Mains & Light Bite Wraps**

**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

**Welsh Beef Steak Burger** - with pulled BBQ pork, Monterey Jack cheese, lettuce, ranch mayonnaise, crispy onions, toasted bun, chips £17

**Katsu Chicken Burger** - curried slaw, Katsu mayonnaise, lettuce, toasted bun, chips £16

**Beer Battered Haddock Fillet** - chips, minted mushy peas, homemade tartar sauce (GFO) £18

**Chargrilled Swordfish Steak Salad** - tomatoes, olives, feta, cucumber, black rice, salad, lemon dressing £17

**Red Thai Chicken Curry** - Jasmine rice, naan bread £16 (or sweet potato for Vegetarians) (V) £15 (add chips £2)

**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

**Sides**

**Chips** (GF,V) £4

**Beer Battered Onion Rings** (V) £4

**Garlic Bread** (V) £3

**Cheesy Garlic Bread** (V) £4

## 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](#)**