

MENU

OYSTERS

Cornish Oysters *Half Dozen* £ 9.25 *Nine* £13.25 *One Dozen* £16.50

All oysters served by Monks Bar & Brasserie are from reputable suppliers; however oysters are a raw product and therefore it is the considered choice of the guest to consume raw oysters.

SHELLFISH

Local Mussels either Mariniere or Napoli £ 8.50 Welsh Lobster *Half* £15.25 *Whole* £25.50
Cockles and Laverbread with Bacon £ 7.95

STARTERS

Seasonal Soup with Mini Breads	£ 3.50
Creamy Garlic Mushrooms and Croutons	£ 4.95
Traditional Cocktail of Prawns	£ 6.75
Crispy Parma Ham with Beetroot and Soft Boiled Egg Salad	£ 7.25
Grilled Chicken Caesar Salad	£ 5.95
Caviar Blini with Crème Fraiche	£ 9.95

MONKS CLASSIC MENU

Machynys Club Sandwich	£ 6.75
Beer Battered Cod with Minted Mushy Peas and Hand Cut Chips	£ 7.25
Minute Steak Sandwich with Peppercorn Mayonnaise	£ 7.25
Grilled Gammon with Peas and Chips	£ 6.95
'Braughing' Sausages with Creamy Mash and a Red Onion Glaze	£ 6.95
Chicken Curry with Rice and a Bowl of Chips	£ 6.75
Gourmet Cod with Mushy Peas and Hand Cut Chips	£ 9.75

FISH

Grilled Lemon Sole with Caper and Samphire Butter	£16.95
Smoked Haddock with Poached Egg and a Watercress Hollandaise Sauce	£ 9.25
Fishcake with Tartar Sauce	£ 7.75
Whole Tail Scampi with Chips	£ 7.50
Locally caught Fish of the Day	£12.00 -14.00
Prawn and Smoked Salmon Salad	£ 7.95

MEAT

Welsh Black Beef Sirloin Steak with Creamy Pepper Sauce	£17.95
Welsh Rib Eye Steak, Beer Battered Onion Rings and Balsamic Butter	£17.50
Welsh Lamb Cutlets Marinated in Lemon and Cracked Pepper	£13.95
Grilled Chicken Breast with Garlic and Crème Fraiche Tagliatelle	£ 9.95
Grilled Chicken Caesar Salad	£ 7.95

VEGETARIAN

Tagliatelle with Tarragon, Sweet Potato and Roasted Chilli	£ 7.95
Risotto of French Beans, Peas Coriander and Parmesan Crisp	£ 7.25
Baked Welsh Goats Cheese with Rocket Salad, Plum and Port Compote	£ 8.50
Marinated Cherry Tomato and Courgette Salad with a Honey and Roasted Garlic Yoghurt Dressing	£ 7.25

LIGHT DISHES / BRUNCH

Selection of Breads with Olive Oil and Balsamic Vinegar	£ 2.50
Mixed Olives with Bread Sticks	£ 3.50
Smoked Salmon and Scrambled Eggs	£ 7.25
Full Welsh 'All Day' Breakfast	£ 5.25

PANINI

or

SANDWICHES

Choose from:

Bacon, Lettuce and Tomato
Chicken with Honey and Mustard Dressing
Ham, Pineapple and Glazed Onion
Mozzarella, Tomato and Basil
Smoked Bacon and Welsh Brie
Spicy Tuna and Cheese
Welsh Rarebit, Apple and Tomato Pesto

SIDE DISHES - £ 2.50

New Potatoes, Creamed Mash, Chips, Sautéed, Hand Cut Chips
French Beans and Spring Cabbage
Garlic Bread
Crispy Onion Rings
Crispy Mixed Leaf Salad (Choice of Dressing)

DESSERTS

Fresh Fruit Salad with Lemon Sorbet	£ 4.50
Caramel and Raspberry Cheesecake	£ 4.75
Gower Cottage Brownie with Cream or Joe's Ice Cream	£ 4.75
Joe's Ice Cream	£ 3.95
Treacle Sponge with Orange Custard	£ 4.75
Poached Orange and White Chocolate Crème Brûlée	£ 4.75

WELSH CHEESE

Selection of Welsh Cheeses with Chutney and Biscuits	£ 7.25
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Customers concerned about the presence of nuts and seeds in our food are welcome to ask a member of staff for assistance when choosing their meal.



Where possible we use fresh local produce in all our dishes.

Prices are inclusive of V.A.T.

WINES

Bin		Region	Bottle	Glass 175ml	Glass 250ml	Bin		Region	Bottle	Glass 175ml	Glass 250ml
WHITE WINES						RED WINES					
1	Sauvignon Blanc / Semillon, Casa Roca <i>Bright gold colour with a smooth fresh melon, apple and grapefruit palate.</i>	Chile	£12.50	£3.10	£4.40	16	Casa Roca Cabernet Sauvignon / Merlot <i>Sumptuous ripe plummy fruit shaped by fresh juicy tannins.</i>	Chile	£12.50	£3.10	£4.40
2	Trivento Tribu Viognier <i>An elegant floral apricot nose overflowing with dried apricot and almond on the palate.</i>	Argentina	£12.50	£3.10	£4.40	17	Les Acrobats VdP Red <i>A medium bodied red, soft and well rounded with plenty of fruit.</i>	France	£12.50	£3.10	£4.40
3	Les Acrobats VdP Dry White <i>Delicate with a clean, elegant fruit and crisp dry finish. Easy drinking.</i>	France	£12.50	£3.10	£4.40	18	Shiraz / Malbec, Trivento <i>This wine shows the typical dark berry fruit with liquorice overtones and a peppery spice.</i>	Argentina	£12.50	£3.10	£4.40
4	Sauvignon Blanc, El Caballo <i>Bright citrus and pear fruits followed by smoke and a touch of herb makes this a lively and flavourful wine.</i>	Chile	£13.25	£3.50	£4.95	19	Merlot, El Caballo <i>A very dark rich smoky black fruit, but soft, well rounded and easy drinking.</i>	Chile	£13.25	£3.50	£4.95
5	Pinot Grigio, Casa Defra <i>A refreshingly aromatic wine with a hint of spice. A zesty acidity compliments the subtle fruit flavours.</i>	Italy	£16.95	£4.30	£6.10	20	Shiraz / Cinsault, Boars Kloof <i>Deep mulberry colour with a full, fruity nose and strawberry and herby aromatics.</i>	South Africa	£16.95	£4.30	£6.10
6	Chenin Blanc, Boars Kloof <i>Refreshing with a zingy fruit salad flavour and a lemon twist on the finish.</i>	South Africa	£16.95	£4.30	£6.10	21	Rioja, Don Placero <i>A firm polished wine with ripe cherry and light spice flavours. Nicely rounded on the palate.</i>	Spain	£15.25	£3.60	£4.95
7	Frascati Superiore DOC, Fontella <i>A clean fresh and delicate wine, crisp and dry with a lingering tangy finish.</i>	Italy	£16.95			22	Rioja Reserva, Azabache <i>Perfumed with spice and cedar aromas, the nose gives way to flavours of game and plum. A lingering finish.</i>	Spain	£24.50		
8	Colombard / Chardonnay, Wilson's Quay <i>Balanced fruit sweetness on the palate consisting of smooth, soft, peachy, melon fruit.</i>	Australia	£18.95			23	Shiraz / Merlot / Petit Verdot, Wilson's Quay <i>Deep purple juice brimming with blackcurrant/ berry flavours and ripe tannins.</i>	Australia	£17.50		
9	Sauvignon Blanc Marlborough, Whitehaven <i>Tropical and gooseberry aromas give way to a soft and well rounded fruit with mango and ripe melon overtones.</i>	New Zealand	£23.00			24	Chateau Martouret Bordeaux Superior <i>Delicious flavours of cherry and plum on the palate are overlaid with cedary oak.</i>	France	£20.95		
10	Chablis Levert Freres <i>A well balanced wine with lovely fruit and a mineral, chalk and flint backbone.</i>	France	£30.75			25	Valpolicella Ripasso Classico Superiore DOC <i>Intense cherry fruit flavours. Mellow and mouth filling with a velvety finish.</i>	Italy	£20.95		
11	Sancerre Blanc, Dom Pierre Dezat <i>Herbaceous, grassy Sauvignon fruit with all the flinty mineral style of the Loire.</i>	France	£30.75			26	Pinot Noir, Whitehaven <i>Ample ripe cherry and crushed strawberry fruit with a hint of oak and soft rounded tannins on the finish.</i>	New Zealand	£24.00		
12	Cloudy Bay Sauvignon Blanc, Marlborough <i>Generosity is the defining word for the 2009 Cloudy Bay Sauvignon Blanc. Tropical fragrances of guava and mango to ripe lime / citrus and sweet herbs. The palate also is juicy and voluminous.</i>	New Zealand	£38.00			27	Chateau Roudier St Emilion <i>A modern St Emilion with violets, black cherry and plum flavours.</i>	France	£32.00		
				Glass 125ml		ROSÉ WINES					
28	Veuve Clicquot Yellow Label Brut NV	France	£45.00	£7.95		13	Pinotage Rosé, Steenbok <i>The delicate pink colour is perfectly complimented by soft crushed strawberry flavours.</i>	South Africa	£15.00	£3.95	£4.90
29	HOUSE CHAMPAGNE BRUT (Half Bottle Available)	France	£34.50			14	Pinot Grigio Blush, Casa Defra <i>Dry and distinctive with soft crushed fruit flavours and a fresh acidity.</i>	Italy	£16.50	£4.25	£6.05
30	HOUSE CHAMPAGNE ROSÉ	France	£38.50			15	Zinfandel Rosé, Redtree <i>Lots of raspberry and strawberry flavours. A rosé wine on the sweeter side.</i>	California	£14.50	£3.50	£4.95
31	Ruinart Blanc de Blanc NV	France	£75.00			SPARKLING WINE					
32	Veuve Clicquot Rosé NV	France	£49.00			34	Prosecco Borge Del Col Alto Extra Dry NV	Italy	£18.25	£3.30	
33	Dom Perignon	France	£125.00			35	Pinot Grigio Blush Rosé Sparkling Wine "Blush & Bubbly" NV	Italy	£18.25	£3.30	
WHITE HALF BOTTLES						RED HALF BOTTLES					
36	Muscadet Sur Lie 37.5ml <i>Light, crisp and delicate an ideal partner for seafood and fish.</i>	France	£10.00			38	Chateau Martouret Bordeaux Superior 37.5ml <i>Delicious flavours of cherry and plum on the palate are overlaid with cedary oak.</i>	France	£11.00		
37	Simon Hackett Chardonnay 37.5ml <i>Ripe and rich, a generous mouthful of spicy pear and citrus flavours with a lingering toasty finish.</i>	Australia	£12.00			39	Simon Hackett Shiraz 37.5ml <i>Ripe and smooth, weaving spicy peppery flavours around a core of blackberry and plum.</i>	Australia	£12.00		



If you would like assistance with the selection of your wine please ask.