

MENU

OYSTERS

Pembrey Oysters *Half Dozen* £ 8.95 *Nine* £12.95 *One Dozen* £15.95

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 Marinier or Napoli £ 7.95 Welsh Lobster *Half* £14.95 *Whole* £24.95
Dressed Crab £10.95 Cockles and Laverbread with Bacon £ 6.95

STARTERS

Seasonal Soup with Granary Roll	£ 3.50
Creamy Garlic Mushrooms and Croutons	£ 4.95
Paté with Melba Toast and Chutney	£ 4.95
Traditional Cocktail of Prawns	£ 5.95
Grilled Chicken Caesar Salad	£ 6.95
Caviar Blini with Crème Fraiche	£ 9.95

MONKS CLASSIC MENU

Machynys Club Sandwich	£ 5.95
Beer Battered Cod with Minted Mushy Peas and Hand Cut Chips	£ 6.95
Gourmet Beef Burger with Hand Cut Chips and Hot Tomato Sauce	£ 6.95
Grilled Gammon with Peas and Chips	£ 6.50
Pork and Apple Sausages with Crispy Bubble and Squeak, Red Onion Glaze	£ 6.95
Chicken Curry with Rice and a Bowl of Chips	£ 6.50
Gourmet Cod with Mushy Peas and Hand Cut Chips	£ 8.95

FISH

Seared King Prawns with Red Pepper and Chilli Butter	£14.95
Grilled Smoked Kipper with Poached Egg, Lemon Mayonnaise and Brown Bread	£ 6.95
Fishcakes with Tartar Sauce	£ 6.95
Fish Pie with Rarebit Topping	£ 8.95
Whole Tail Scampi with Chips	£ 6.95
Locally caught Fish of the Day	£12.95
Prawn and Smoked Salmon Salad	£ 7.50

MEAT

Welsh Black Beef Sirloin Steak with Creamy Pepper Sauce	£16.95
Rump Steak with Garlic and Lime Butter	£14.95
Minted Lamb Steak with Red Wine Sauce	£12.95
Grilled Chicken Breast with Spinach and Garlic	£ 9.50
Glazed Ham with Cheese and Parsley Sauce	£ 8.95
Slow Cooked Belly Pork with Sage and Shallot Butter	£ 8.95

VEGETARIAN

Baked Strudel of Red Onion with Spinach, Mixed Seeds and Nuts, Champagne Sauce	£ 9.95
Risotto of Thai Basil and Confit of Tomatoes with Lemon Oil	£ 6.95
Welsh Rarebit with Grilled Apple and Tomato Compote	£ 4.95
Waldorf Salad with Mint Dressing	£ 6.95
Roast Vegetables with Welsh Goats Cheese Salad	£ 6.95
Quiche of the Day with Creamy Homemade Coleslaw	£ 7.50

LIGHT DISHES / BRUNCH

Selection of Breads with Olive Oil and Balsamic Vinegar	£ 2.50
Mixed Olives with Bread Sticks	£ 2.95
Smoked Salmon and Scrambled Eggs	£ 6.50
Full Welsh 'All Day' Breakfast	£ 4.95

PANINI

or

SANDWICHES

Choose from:

Spicy Tuna and Cheese
Smoked Bacon and Welsh Brie
Ham, Pineapple and Glazed Onion
Chicken, Honey and Mustard
Bacon, Lettuce and Tomato
Confit Tomato, Spinach and Goats Cheese

SIDE DISHES — £2.50

New Potatoes, Creamed Mash, Chips, Sautéed, Hand Cut Chips
Seasonal Green Vegetables with Samphire
Pak Choi with Lemon Butter
Garlic Bread
Crispy Onion Rings
Crispy Mixed Leaf Salad (Choice of Dressing)

DESSERTS

Glazed Lemon Tart with Berry Compote	£ 4.50
Warm Welsh Cakes with Crème Fraiche and Jam	£ 4.50
Glazed Honey Apple Pie with Custard or Ice Cream	£ 4.50
Joe's Ice Cream	£ 3.95
Welsh Honey and Baileys Cheesecake	£ 4.50
Eton Mess	£ 4.50
Sherry Trifle	£ 4.50

WELSH CHEESE

Welsh Cheese with Chutney and Biscuits	£ 6.50
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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.