

# Meals at the Marine



## To Start / Light Bites

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<b>Soup of the Day</b> with a crusty bread roll & Welsh butter (v gf vg available)	£6.95
<b>Cawl</b> (gf available) Traditional lamb cawl served with crusty bread, a chunk of cheese and salted Welsh butter	£8.50
<b>Lamb Koftas</b> - Spiced lamb koftas served with a mint dip and pita bread (gf available)	£8.95
<b>Duck &amp; Orange Pate</b> served with onion chutney, toasted bread and salad garnish	£7.25
<b>Garlic and Chilli King Prawns</b> served with toasted ciabatta	£8.95
<b>Creamy Garlic Mushrooms</b> served with toasted ciabatta	£7.50
<b>Halloumi Fries</b> with sweet chilli sauce v	£7.25

## From the Grill

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<b>10oz Sirloin Steak</b> (gf available) served with chips, mushrooms, peas and onion rings	£24.95
<b>Mixed Grill</b> (gf available) served Rump steak, lamb chop, gammon, pork chop and 2 sausages with chips, mushrooms, peas and onion rings	£25.95
<b>Sauce:</b> Peppercorn sauce or Blue cheese	£3.50 each
<b>Gammon</b> (gf available) served with a fresh grilled pineapple or free-range eggs, buttered garden peas with home-cut chips	£16.95
<b>Hunters Chicken</b> breast of chicken wrapped in bacon, cheese & BBQ sauce served with peas & home-cut chips	£17.95

## Fish

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<b>Beer Battered Cod</b> with peas & home-cut chips	£16.95
<b>Salmon Fillet</b> gf served with crushed new potatoes, roasted veg & a tarragon velouté	£19.95
<b>Wholetail Scampi</b> with garden peas & home-cut chips	£15.95
<b>Pan fried Seabass Fillet</b> served with chorizo sauteed potato, roasted veg and a pesto cream sauce	£23.95
<b>Seafood Platter</b> Butterfly king prawns, panko coated squid rings, salt and pepper squid, cod bites with chips and peas	£18.95

v vg gf options available - please make a member of staff aware as we can amend some ingredients to meet your dietary requirements.

## Burgers

All burgers come with a pretzel bun, chips and a salad garnish

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<b>Welsh Bacon &amp; Cheeseburger</b> sourced from our local butcher loaded with bacon and cheese	<b>£16.95</b>
<b>Southern Fried Chicken Burger</b>	<b>£16.95</b>
<b>Oumph quarter pounder burger (vegan)</b>	<b>£15.95</b>

## Mains

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<b>Welsh Lamb rump</b> Served with mustard mash, red wine jus and seasonal vegetables (30 minutes cooking time)	<b>£24.50</b>
<b>Curry of the Day</b> (v vg gf available) served with rice or chips or ½ & ½ and a naan bread (vg available)	<b>£16.95</b> <b>£14.95</b>
<b>Home-baked Ham &amp; 2 Free-range Eggs served with home-cut chips &amp; peas</b>	<b>£14.95</b>
<b>Our Homemade Lasagne</b> served with chips and a salad garnish (v available)	<b>£17.50</b>
<b>Butternut Squash, Cranberry &amp; Red Onion Tagine</b> v vg served with rice	<b>£15.50</b>
<b>Classic Caesar Salad</b> (gf available) served with chicken and bacon, herb croutons and Caesar dressing	<b>£16.95</b>
<b>Chilli, Garlic King Prawn Salad</b> (gf) Warm chilli and garlic prawns on a salad bed with sweet chilli sauce	<b>£16.95</b>

## Children's Menu

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<b>Sausage, beans/peas &amp; chips</b> (v vg available)	<b>£7.95</b>
<b>Chicken Goujons, beans/peas &amp; chips</b>	<b>£7.95</b>
<b>Cheese and Tomato Pizza</b>	<b>£7.95</b>
<b>Cod Bites, Chips, beans/peas</b>	<b>£7.95</b>

## On the Side

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<b>Chips</b> v gf	<b>£4.50</b>	<b>Sweet Potato Fries</b> v gf	<b>£4.50</b>
<b>Garlic Bread</b> (add cheese £1.50) v	<b>£3.95</b>	<b>Oumph Spicy Drums</b> vg	<b>£5.25</b>
<b>Seasonal Veg</b> v vg gf	<b>£4.50</b>	<b>Salad</b> v vg gf	<b>£3.95</b>
<b>Chicken Goujons</b>	<b>£5.95</b>	<b>Onion rings</b>	<b>£3.95</b>

## Desserts

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<b>Selection of Home-Made Desserts</b>	<b>£6.95</b>
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# Lunch Menu

## Toasted Ciabattas

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Can also be sandwiches. Served with Side Salad. Add Chips for

Ham and Cheese	£6.50
Cheese and Onion	£
Cheese (Vegan Cheese available)	
Bacon, Lettuce, Tomato	
Tuna Melt	£

## Jacket Potato

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Cheese (Vegan available)	£
Cheese and Ham	£
Cheese and Beans	£
Tuna Mayo	£

## Mains

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<b>Gammon</b> (gf available) served with a fresh grilled pineapple or free-range eggs, buttered garden peas with home-cut chips	£16.95
<b>Wholetail Scampi</b> with garden peas & home-cut chips	£15.95
<b>Omelette</b> with the option of ham, cheese, onion or mushroom	£15.95
<b>Cod Bites</b> with Chips and peas	£15.95
<b>Home-baked Ham &amp; 2 Free-range Eggs</b> served with home-cut chips & peas	£14.95
<b>Oumph Spicy Drums (Vegan)</b> served with chips and side salad	£14.95

## On the Side

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Chips <b>v gf</b>	<b>£4.50</b>	Sweet Potato Fries <b>v gf</b>	<b>£4.50</b>
Garlic Bread (add cheese £1.50) <b>v</b>	<b>£3.95</b>	Oumph Spicy Drumps <b>vg</b>	<b>£5.25</b>
Seasonal Veg <b>v vg gf</b>	<b>£4.95</b>	Salad <b>v vg gf</b>	<b>£3.95</b>
Chicken Goujons	<b>£5.25</b>	Onion rings	<b>£3.95</b>

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