



Meals at the Marine

Lunch: 12-2pm ~ Evening: Mon-Sat 5.30-9pm / Sunday 5.30-8pm

To Start / Light Bites

Marinated Olives served with warm breads & roasted garlic hummus (v gf vg available)	£7.50
Soup of the Day with a crusty bread roll (v gf vg available)	£4.95
Ham Hock Terrine served with pickles & bread	£6.25
Breaded Brie Wedges with cranberry compote v	£5.95
Whitebait with lemon & herb mayo v	£6.50
Honey Dew Melon & fruit sauce v gf vg	£5.00
King Prawns sauteed with chorizo, garlic & roasted peppers served with toasted focaccia	£8.95
Pan Fried Mushrooms with a spinach & parmesan cream sauce v (gf available)	£6.50

Sandwiches

white/brown ciabatta with garnish & skin on fries

AVAILABLE LUNCHTIME ONLY

BLT	£7.50
Cheddar & Caramelized Onion v	£7.50
Tuna Mayo with Spring Onion v	£7.50
Ham, Cheese & Tomatoes	£7.50

From the Pan / Off the Grill

10oz Sirloin Steak with roasted tomato, onion & hand-cut chips Sauce: black pepper & brandy / Blue cheese / Red Wine	£24.95 £3.50 each
Southern-Fried Chicken Burger served in a sourdough roll and mint mayo, salad & chips	£11.95
10oz Gammon Steak served with a fresh grilled pineapple or free-range eggs, buttered garden peas with home-cut chips	£14.95
Home-baked Ham & 2 Free-range Eggs served with home-cut chips	£10.50
Curry of the Day (v gf vg available) served with rice or chips or ½ & 1/2	£12.50
Confit Duck Breast served with garlic & rosemary sauteed potatoes, glazed carrots, and a port & cherry sauce	£17.95

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

Pasta & Salads

King Prawn & Chorizo Salad gf	£14.50
Chicken Cymru chicken penne pasta in a white wine & Welsh cheddar sauce	£12.50
Warm Chilli & Lime Beef Salad gf hot chilli with toasted sesame seed & pak choi salad	£14.95
Superfood Salad v gf vg quinoa, beetroot, courgette, mint and toasted pine nuts salad & warm bread	£10.95

Fish

Beer Battered Cod with mushy peas & home-cut chips	£12.95
Wholetail Scampi with garden peas & home-cut chips	£12.50
Pan Fried Seabass served with a pea & dill puree with leak & bacon crushed potato & roasted summer vegetables	£18.95

Vegetarian/Vegan

Roasted Vegetables Risotto served with shaved parmesan v / vg available	£12.95
Vegan Bangers and Mash with garden peas and onion & thyme gravy vg	£10.95
Butternut Squash, Chickpea & Spinach Curry v gf vg	£12.95

Children's Menu

Fish, peas & chips	£5.95
Sausage, beans/peas & chips (v vg available)	£4.95
Southern fried chicken strips, beans/peas & chips	£4.95

On the Side

Thick Cut Chips v gf	£4.50	Sweet Potato Fries v gf	£3.95
Beer Battered Onion rings v	£2.95	Garlic Bread v	£3.50
House Salad v gf vg	£2.45	Seasonal Veg v gf vg	£2.50

Desserts

Selection of Home-Made Desserts	£5.95
Mario's Welsh Dairy Ice Cream (Dairy-free available)	£4.95

Hot Drink

Pot for one: Tea / Coffee (decaffeinated available)	£2.50
Hot Chocolate	£2.60

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