



Lunch Menu

“Destiny may ride with us today, but there is no reason for it to interfere with lunch.”

- Peter the Great -

Allergen Key:

d) - dairy; (g) - gluten/lupin; (s) - soya; (v) - vinegar; (c) - celery; (f) Fish; (cr) - crustacean/mollusc; (se) - sesame;; (n) - nuts/seeds;
(su) - sulphites; (e) - egg; (m) - mustard

Ingredient key is advisory only if you or any of your party suffer from any form of food allergies please inform us before placing your order & we will do our best to accommodate where possible.

- SUMMER 2026 LUNCH MENU -

- SMALL PLATES -

try individually as a starter - OR - choose any 3 for £30

Szechuan Pepper Crusted Mackerel (f, su) pickled rhubarb cucumber chive oil	12.7
Curried Crab (cr, su, e) apple slaw pickled onions	11.5
Crispy Whitebait (f, g) coconut basil mint & coriander salad cured lemon	11.5
Lamb Kofta (d, su) asparagus pickled radish rocket tzatziki	11.3
Pigeon Tart (g, su) blackberries heritage beets textures of beetroot	12.5
Honey Mustard BBQ Chicken Wings (m, g, e) watermelon coriander & lime slaw	12.0
(v) Cauliflower (d, n, su) dukkah tahini yoghurt pomegranate molasses	11.5
(v) Cherry Tomato Cous Cous Salad (g, d) feta chickpeas	11.0
(v) Strawberry Gazpacho (d) hung yoghurt mixed berries mint	11.2

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- BIG PLATES -

8oz* Locally Sourced Beef Burger (d, g, e) smoked bacon Swiss cheese caramelised onions fries slaw	22.0
8oz* Locally Sourced Sirloin Chimichurri Plate (d, su) roasted new potatoes cherry tomatoes	25.0
(v) Vegan Mushroom & Stout Pie (d, g) asparagus carrots cauliflower garlic & chive mash	21.0
Summer Chicken Caesar Salad (g, d) romaine salad paprika yoghurt Alex Gooch sourdough croutons bacon parmesan	21.5
Dill Battered Haddock & Chips (f, d, e, g, su) garden peas chunky chips blitzed tartar sauce cured lemon	22.0
(v) Cauliflower Steak Burger (g, e, n, su) pesto rocket tomato pickled red onion fries slaw	20.5

- SANDWICHES -

all served on Alex Gooch rustic white bread with seasoned fries & house slaw

6oz* Sirloin Steak (g, d, su, e) red onion chutney mushroom Swiss cheese crispy onions	22.0
(v) Buffalo Mozzarella (d, g, e, n) pesto rocket cauliflower	20.5
Monmouthshire Air Dried Ham (d, g, e, n) buffalo mozzarella pesto rocket	20.5
Red Lion Chicken Club (g, d, e) shredded lettuce tomato chive mayo bacon	21.5

- A BIT ON THE SIDE -

Chunky Chips Skinny Fries	6.0 5.5	Roasted New Potatoes	7.0
Garlic & Chive Mash (d)	6.5	(v) Caesar Salad (d, g)	7.5
Parmentier Potatoes	7.0		
House Garlic Bread (d, g)	7.0	<i>welsh cheddar</i> +1	<i>welsh cheddar & mushrooms</i> +2

* approximate uncooked weight

- PUDDINGS -

Strawberry Daiquiri Cheesecake (d, g)	11.0
rum & lime granita macerated strawberry mint chocolate shard	
Piña Colada Panna Cotta (d, su, e)	10.3
coconut panna cotta with mango purée centre pineapple salsa french meringue	
Passionfruit & Lime Curd Martini (g, d, e)	11.5
spiked with vanilla & vodka fresh passionfruit prosecco sorbet	
Sticky Toffee Pudding Old Fashioned (g, d, n, e)	10.2
bourbon spiced caramel sauce vanilla ice cream	
Selection of Welsh Ice Creams & Sorbets (d, g, e)	9.0
please ask your server for our current selection	

- DESSERT WINE -

	100ml
Torres Floralis Moscatel Oro (Catalunya Spain)	8.0
rose, geranium, lemon verbena voluptuous, yet light, full with delicate sensuality.	
Palazinna Moscato D'Asti Venemmia Tardiva (Piemonte Italy)	8.5
lemon curd, marmalade, orange, apricot & honey, fresh citrus zest on the finish.	

- PORT & SHERRY -

	100ml
Krohn Ruby Port (Douro Valley Portugal)	7.0
Graham's 10 Year Tawny Port (Douro Valley Portugal)	9.0
Croft Pink Port (Douro Valley Portugal) served chilled	7.2
Fernando de Castilla Pedro Ximénez Sherry (Jerez Spain)	8.0

- HOT DRINKS -

Pot of Welsh Brew Tea	3.75
Speciality Tea (Organic Green Camomile Earl Grey Peppermint)	3.85
Caffe' Moreno Espresso / Doucble Espresso	3.0 / 3.5
Americano / Decaf Americano	4.4
Latte / Cappuccino / Flat White (d)	4.8
Steamed Milk Hot Chocolate cream & marshmallows (d)	5.5
Floater Coffee (d)	5.0
Liqueur Floater Coffee (d)	7.8
Welsh Floater Coffee, with Penderyn Single Malt Whisky (d)	9.0