

A deposit and preorder may be required for larger bookings.
Please inform a member of staff of any allergies or intolerances.

The Rolling Jack Lunch Menu

To Start

HOMEMADE SOUP	£3.75	TEMPURA CAULI BITES	£3.75	ONION BHAJI	£3.95
with white / wholegrain bread (v, gf available)		with garlic alioli dip (v,vg)		finely sliced onion, traditional	
SOUTHERN SPICED CHICKEN GOUJONS	£3.95	CREAMY GARLIC MUSHROOMS	£3.95	Indian spices, fried in a crispy batter,	
with BBQ dip		over garlic ciabatta		with mint raita (v,vg)	
COD GOUJONS	£3.95	MARIE ROSE PRAWN SALAD	£4.50	HALLOUMI STICKS	£3.95
with lemon & caper dip		wholemeal bread & butter (gf available)		breadcrumb coating with a sweet chilli dip (v)	

Chef's Specials

HOMEMADE BEEF LASAGNE	£9.95	ALL DAY BOWLS BREAKFAST	£7.95	GO BIG £9.95
served with garlic ciabatta & dressed salad		bacon, sausage, fried egg, hash brown, beans,		
HOMEMADE CORNED BEEF PIE	£9.95	grilled tomato & toast		
served with chips, peas and gravy		ALL DAY BOWLS BREAKFAST MEAT FREE		£9.95
HOMEMADE BUTTER CHICKEN	£9.95	2 sausage, 2 hash brown, scrambled egg		
served with rice, chips & poppadom (gf)		with truffle oil, beans, grilled tomato & toast		
HOME-COOKED HONEY ROAST HAM	£9.95	GAMMON STEAK	12oz £12.95 / 6oz £9.95	
double egg, chips & peas (gf)		served with egg, pineapple, chips & garden peas (gf)		
SAUSAGE & MASH	£9.95	TRADITIONAL PLOUGHMAN'S LUNCH		£9.95
3 tasty pork sausage, mashed potato, peas		honey roasted ham, scotch egg, apple, pickles,		
& caramelised onion gravy		cheddar cheese, sourdough bread		
LOADED BOWLS BURGER	£9.95	TRIPLE DECK CLUB SANDWICH		£9.95
beef patty with cheese & bacon, lettuce, tomato & onion		served with chips		
on a toasted sesame seed bun with golden fries		TUNA MELT TRIPLE DECK SANDWICH		£8.95
		served with chips		

Fish & Chips

£9.95 small £7.95

Prime cod loin fillet in our chef's homemade light beer batter served with homemade chips, garden peas & lemon wedge

Vegetarian

VEGAN LASAGNE	£9.95
with garlic ciabatta & dressed salad (v,vg)	
CAULIFLOWER & RED PEPPER CURRY	£11.95
with rice, chips & poppadom (v,vg, gf)	
HOMEMADE FIVE BEAN CHILLI	£11.95
with rice & nachos (v,vg, gf)	
MOROCCAN PILAF ROAST	£11.95
mildly spiced rice & vegetables, served with dressed salad (v,vg)	

Salads

ROASTED CAULIFLOWER PILAF	£8.95
Harissa, turmeric, onion, garlic & coriander, spiced cauliflower rice with dried cranberries, baked chickpeas & toasted seeds with yogurt & mint dressing (gf)	
SUMMER GREEK SALAD	£8.95
watermelon, cucumber, olives, fresh mint & creamy feta cheese with balsamic dressing (gf)	
ASIAN SUMMER SLAW SALAD	£8.95
red onion, carrot, bell peppers, fresh chilli, sesame seeds, pak choi with honey and soy dressing (gf)	
ADD A PROTEIN	£2.50
CHICKEN, HONEY ROAST HAM, TUNA, CRISPY CHICKEN	

Chicken

All served with chips and peas	
ISLWYN CHEESE, LEEK & BACON (gf)	£9.95
HUNTERS (gf)	£9.95
GARLIC & MUSHROOM (gf)	£9.95
CREAMY PEPPER (gf)	£9.95
CAJUN SPICED (gf)	£9.95

Children's Meals

JACKET POTATOES	£5.95
CHICKEN CHUNKS	£5.95
FISH FINGERS	£5.95
SAUSAGES	£5.95
available with chips, beans or peas	

Sides & Sauces

GARLIC MUSHROOM (gf)	£2.50	LEMON PEPPER (gf)	£2.50
ISLWYN, LEEK & BACON (gf)	£2.50	PORT & STILTON (gf)	£2.50
HONEY JACK (gf)	£2.25	SIDE SALAD	£2.50
GARLIC BREAD	£3.00	CHEESY GARLIC BREAD	£3.50
ONION RINGS	£3.50	CHIPS/FRIES	£3.75



To Start ●

THE JACK STACK	£7.95	CHILLI & GARLIC KING PRAWNS	£7.95
tender belly pork & black pudding drizzled with a honey & Jack Daniels sauce (gf)		in olive oil served with toasted ciabatta (gf)	
HOISIN CHICKEN SKEWERS	£6.95	MUSHROOM & BACON HOTPOT	£6.95
tender chicken breast cooked in our hoisin & plumb sauce (gf)		creamy garlic mushrooms with crispy bacon, cheddar cheese & crumb topping with toasted ciabatta (gf, v option available)	
HOMEMADE SCOTCH EGG	£6.95	CAESAR SALAD	£5.95
wrapped in seasoned breadcrumbs served with a homemade beer ketchup		traditional salad with parmesan shavings, sourdough croutons, vine tomatoes and dressed lettuce (with or without anchovies) (gf)	

Jack Specials ●

ISLWYN CHICKEN	£14.95
breast of chicken poached in a court-bouillon, smothered with a creamy cheese, leek & bacon sauce served with dressed salad & homemade chips (gf)	
STUFFED PARMA CHICKEN	£15.95
breast of chicken stuffed with sage and onion, wrapped in Parma ham & baked, served with garlic Parmentier potatoes, roasted vegetables & a red wine sauce	
SLOW COOKED BELLY PORK	£16.95
with crispy crackling, served with creamy mashed potato & a rich port and Stilton cheese sauce (gf)	
BRISKET AND ALE PIE	£14.95
tender beef brisket with onions, cooked in our real ale & thyme gravy topped with light flaky puff pastry, served with homemade chips & peas	

Steak of the Day ●

£19.95

Ask your server for the Chef's Steak of the Day served with homemade chips, sauce of your choice, garden peas & dressed salad

Please see menu on reverse for vegetarian options, sides and sauces



Evening Menu

HOMEMADE BEFF LASAGNE	£14.95
served with house dressed salad & garlic ciabatta	
PAN SEARED DUCK BREAST	£17.95
barbary duck breast marinated with Chinese five spice, served with goose-fat fondant potato, broccoli stem & a creamy sriracha spiced sauce (gf)	
KATSU CHICKEN	£14.95
panko breaded chicken steak , served over coconut and minted rice with a Japanese style curry sauce	
TERIYAKI SALMON	£16.95
baked in our own sticky & sweet Teriyaki sauce, served on a bed of honey & chilli roasted peppers (gf)	
TEMPURA COD	£14.95
strips of tempura battered skinless & boneless prime cod loin fillets, served with homemade chips & minted mushy peas	

Bowls Burgers ●

All served in a toasted brioche glazed bun, with crisp gem lettuce, ripe tomato, red onion relish and seasoned fries	
THE JACK	£13.95
beef patty, smashed belly pork, black pudding, Jack Daniels glaze and cheddar cheese	
THE FIERY JACK	£13.95
Southern fried chicken, jalapeños, hickory sauce and cheddar cheese	
THE SMOKY JACK	£13.95
beef patty, smoked bacon rashers and smoked cheddar cheese	

Sunday Roast at



THE BOWLS SUITE

Main Course ●

All served with roast potatoes, Yorkshire pudding, sage and onion stuffing, roast parsnips, new potatoes, seasonal vegetables & homemade gravy (gf catered for)

TOPSIDE OF BEEF	£12.95 small £9.95	ROAST LAMB	£15.95 small £12.95
ROAST TURKEY / CHICKEN	£12.95 small £9.95	PORK SAUSAGE X 3	£10.95 small £8.95
SLOW COOKED BELLY PORK	£12.95 small £9.95	MIXED ROAST DINNER	£14.95
ROAST GAMMON HAM	£12.95 small £9.95	MEAT FREE	£9.95
		VEGETABLE NUT ROAST (v vg)	£11.95

Sides & Sauces ●

ROASTIES	£2.95	CAULIFLOWER CHEESE	£2.95
YORKSHIRE PUDDING	£1.50	STUFFING BALLS X3	£1.95
GRAVY	£1.75	PIGS 'N' BLANKETS	£2.95
MASHED POTATO	£2.95	VEGETABLES	£2.95

Coffees & Hot Drinks ●

AMERICANO	£3.95	CAPPUCCINO	£3.95	FLAT WHITE	£3.95	TEA	£2.50
ESPRESSO	£3.95	LATTE	£3.95	HOT CHOCOLATE	£3.95	IRISH COFFEE	£4.95

We aim to bring you your meal without delay but all meals are cooked fresh upon order and we apologise for any waiting time especially during busy periods. Your patience is appreciated. All tips are retained by our team members. Please inform a member of staff of any allergies or intolerances.