

STARTERS/SMALL COURSES

ANGEL BAKERY BREAD. MUHAMMARA DIP

Content: gluten - wheat flour, walnuts, garlic, vegetarian.

CELERIAC AND APPLE SOUP, SAGE PESTO

Content: milk - cow's, celery, onion, vegetarian.

ANGEL SEAFOOD STARTER; CORNISH CRAB, MARIE-ROSE PRAWNS

SMOKED SALMON, AND TOASTED SOURDOUGH

Content: gluten - wheat flour, egg - raw, pasteurised, fish, shellfish, sulphur dioxide, non-meat.

ANGEL PRAWN COCKTAIL

Content: gluten - wheat flour, egg - raw, pasteurised, shellfish - prawns/shrimp, sulphur dioxide, non-meat.

TWICE-BAKED GOAT'S CHEESE SOUFFLE, THYME CREAM SAUCE

Content: gluten - wheat flour, egg - cooked, milk - cheese, mustard, vegetarian.

OYSTERS

Content: oyster (mollusc), sesame paste (tahini), sulphur dioxide, vegetarian. (Depends on variant chosen, i.e. tahini.)

WHIPPED RICOTTA AND ROASTED COURGETTE ON ANGEL BAKERY, TOASTED SOURDOUGH; HOT HONEY AND PICKLES

Content: gluten - wheat flour, milk - cheese, sulphur dioxide, gluten-free, vegetarian.

BUTTERNUT SQUASH AND FETA RISOTTO, WALNUTS AND SAGE

Content: milk - cheese, celery, sulphur dioxide, alcohol - cooked, residual, no sulphur dioxide, shallot, gluten-free, vegetarian.

FENNEL SALAMI, ROCKET AND RADICCHIO, ANCHOVY DRESSING

Content: milk - cow's, sulphur dioxide, pork - cured/bacon, meat element.

PROSCIUTTO DI SAN DANIELE, FIGS, ROCKET AND HONEY
BALSAMIC DRESSING

Content: sulphur dioxide, pork - cured/bacon, meat element.

BREADED GOUJONS OF PLAICE, THAI MAYO

Content: gluten - wheat flour, egg - raw, pasteurised, fish, sulphur dioxide, non-meat.

SMOKED SALMON, BROWN BREAD AND BUTTER

Content: gluten - wheat flour, fish, non-meat.

SEARED SCALLOPS; GRILLED IN THE SHELL, CHILLI AND GARLIC
BUTTER

Content: milk - butter/cream, scallops (mollusc), gluten-free, non-meat.

SEARED SCALLOPS; GRILLED IN THE SHELL, ORIENTAL DRESSING

Content: milk - butter/cream, scallops (mollusc), gluten-free, non-meat.

CORNISH CRAB, TOASTED SOURDOUGH, CELERIAC RÉMOULADE

Content: gluten - wheat flour, egg - raw, pasteurised, shellfish - crab, mustard, celeriac, gluten-free, non-meat.

SNACK MENU

OLIVES

Content: mustard, vegan.

ALMONDS

Content: almonds, vegan.

SALT AND PEPPER SQUID

Content: gluten - wheat flour, egg - raw, pasteurised, squid (mollusc), mustard, non-meat.

MEDITERRANEAN-STYLE TIGER PRAWNS

Content: shellfish - prawns/shrimp, gluten-free, non-meat.

PROSCIUTTO DI SAN DANIELE

Content: pork - cured/bacon, meat element.

STICKY HOISIN BELLY PORK

Content: soy sauce (minor gluten source), sesame seeds, pork,

VEGETARIAN/VEGAN DISHES

BUTTERNUT SQUASH AND FETA RISOTTO, WALNUTS AND SAGE

Content: milk - cheese, celery, sulphur dioxide, alcohol - cooked, residual, no sulphur dioxide, shallot, gluten-free, vegetarian.

JUICY MARBLE. TENDER PLANT-BASED THICK CUT FILLET STEAK,
BEER-BATTERED ONION RINGS, CHIPS AND OATLY GREEN
PEPPERCORN SAUCE

Content: gluten, sulphur dioxide, onion, vegetarian.

CAULIFLOWER, CHICKPEA AND SPINACH PANANG CURRY,
COCONUT RICE, SHREDDED CARROT SAMBAL

Content: gluten - wheat flour, egg - cooked, coconut, sesame seeds, onion, gluten-free, vegan.

SPICED SQUASH, MUSHROOM AND QUINOA NUT ROAST, SAUTÉED
POTATOES, VEGETARIAN GRAVY

Content: celery, onion, vegetarian.

FALAFEL BURGER IN A SEEDED ANGEL BAKERY BUN, ONION,
TOMATO, LETTUCE, VEGAN TATZIKI AND VEGAN SPICY MAYO,
CHIPS

Content: gluten - wheat flour, soy sauce (minor gluten source), sesame paste (tahini), onion, vegan.

SALADS

ANGEL SUPERFOOD SALAD; EDAMAME BEANS, PEAS, BROCCOLI,
CHICK PEAS, HISPI CABBAGE, RED PEPPER, RADISH, GOLDEN
BEETROOT, BEANS, WATERCRESS, AVOCADO, PUMPKIN SEEDS,
SESAME SEEDS AND GREEN GODDESS DRESSING

Content: milk - cow's, sesame seeds, sulphur dioxide, gluten-free, vegan.

CÆSAR SALAD; ICEBERG AND GEM LETTUCE LEAVES, ANCHOVIES, HERB CROUTONS, PARMESAN, GARLIC AND LEMON MAYONNAISE DRESSING

Content: gluten - wheat flour, egg - cooked, milk - cheese, fish, mustard, sulphur dioxide, non-meat. (Can be vegetarian ex. anchovy.)

LARGE DISH WITH CRISPY FRIED TOFU

Content: gluten - wheat flour, gluten-free, vegetarian.

LARGE DISH WITH GRILLED CHICKEN

Content: gluten-free.

LARGE DISH WITH SEARED TUNA

Content: fish, gluten-free, non-meat.

LARGE DISH WITH TIGER PRAWNS

Content: shellfish - prawns/shrimp, gluten-free, non-meat.

SEAFOOD

MUSSELS - THAI CURRY, OR MARINIÈRES, CHIPS

Content: milk - butter/cream, sesame oil, sulphur dioxide, alcohol - cooked, residual, no sulphur dioxide, garlic, non-meat. (No alcohol/dairy in Thai version, but that has sesame.)

PRAWN AND MUSSEL LINGUINE, CHILLI AND GARLIC BUTTER

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, shellfish - prawns/shrimp, mussels (mollusc), sulphur dioxide, garlic, non-meat.

SEARED SCALLOPS; GRILLED IN THE SHELL, CHILLI AND GARLIC BUTTER

Content: milk - butter/cream, scallops (mollusc), garlic, non-meat.

SEARED SCALLOPS; GRILLED IN THE SHELL, ORIENTAL DRESSING
Content: scallops (mollusc), sulphur dioxide, garlic, non-meat.

DEEP-FRIED BEER-BATTERED COD, MINTED PEA PURÉE, TARTAR SAUCE, CHIPS

Content: gluten - wheat flour, egg - cooked, fish, mustard, sulphur dioxide, gluten-free, non-meat.

MONKFISH SCAMPI, GOAN SPICED MAYONNAISE, CHIPS

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, fish, mustard, sulphur dioxide, leek, non-meat.

WHOLE ROASTED BREAM, COCKLE AND CAPER BUTTER, SAMPHIRE AND RATTE POTATOES

Content: milk - butter/cream, fish, gluten-free, non-meat.

SEAFOOD PLATTER

SMOKED SALMON, MUSSELS (THAI GREEN CURRY OR MARINIÈRES), WHOLE GARLIC PRAWNS, WHITE CRAB MEAT, BROWN CRAB TOASTS, TEMPURA FRIED OYSTERS, CHILLI GARLIC SCALLOPS, FRITTO MISTO, PRAWN COCKTAIL, TUNA AND AVOCADO TARTARE, PLAICE GOUJONS, SRIRACHA MAYONNAISE, OCTOPUS CARPACCIO, JALAPEÑO DRESSING, THAI MAYONNAISE, ANGEL BAKERY BREAD

Content: gluten - wheat flour, egg, milk - cow's, fish, shellfish, mixed molluscs, soy sauce (minor gluten source), sesame seeds, mustard, celery, sulphur dioxide, garlic, non-meat.

MEAT & COMBO DISHES

ROAST CHICKEN, MUSHROOM AND SMOKED BACON PIE

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, celery, sulphur dioxide, pork - cured/bacon, onion, meat element.

PORK LOIN STEAK, PANCETTA AND MUSTARD LENTILS, CAVALO NERO

Content: gluten - wheat flour, egg - cooked, fish, mustard, sulphur dioxide, pork, shallot, meat element.

HERB-CRUSTED RUMP OF LAMB, TENDERSTEM BROCCOLI, SHEPHERD'S PIE PITHIVIER

Content: milk - butter/cream, celery, sulphur dioxide, garlic, meat element.

TOM HIXSON BEEFBURGER, SEEDED BUN; ONION, TOMATO, DILL PICKLE, BACON, MONTEREY JACK CHEESE, BURGER SAUCE AND CHIPS

Content: gluten - wheat flour, milk - cheese, pork - cured/bacon, onion.

DRY-AGED WELSH BONE IN SIRLOIN, OYSTER MUSHROOM, MADIERA JUS; CHIPS

Content: celery, sulphur dioxide, alcohol - cooked, residual, no sulphur dioxide, beef, onion, gluten-free.

DRY-AGED WELSH BEEF RIBEYE ON THE BONE 450G; CHIPS, ONION RINGS

Content: gluten - wheat flour, egg - cooked, beef, onion, gluten-free.

DRY-AGED WELSH PRIME-CUT BEEF FILLET 225G, CHAR-GRILLED; CHIPS, DEEP-FRIED ONION RINGS

Content: gluten - wheat flour, egg - cooked, beef, onion, gluten-free.

BÉARNAISE SAUCE

Content: milk - butter/cream, celery, sulphur dioxide.

PEPPERCORN SAUCE

Content: milk - butter/cream, celery, sulphur dioxide.

RED WINE JUS

Content: sulphur dioxide, alcohol - cooked, residual, no sulphur dioxide.

SIDE ORDERS

CHIPS

Content: gluten-free, vegan.

TRUFFLE AND PARMESAN FRIES

Content: milk - cheese, gluten-free, vegetarian.

TENDERSTEM BROCCOLI

Content: gluten-free, vegetarian.

ROCKET AND PARMESAN-STYLE HARD CHEESE

Content: milk - cheese, sulphur dioxide, gluten-free, vegetarian.

CAULIFLOWER CHEESE

Content: gluten - wheat flour, milk - cheese, vegetarian.

MINTED RATTE POTATOES

Content: milk - butter/cream, gluten-free, vegetarian.

OYSTER MUSHROOMS, GARLIC BUTTER

Content: milk - butter/cream, gluten-free, vegetarian.

CHILDREN'S MENU

CHICKEN STRIPS, CHIPS, SEASONAL VEGETABLES

BEER-BATTERED HADDOCK AND CHIPS, CRUSHED PEAS

Content: gluten - wheat flour, egg - cooked, alcohol - cooked, residual, no sulphur dioxide, non-meat.

HOME-MADE PASTA WITH TOMATO SAUCE AND PARMESAN

Content: gluten - wheat flour, egg - cooked, milk - cheese, vegetarian.

SAUSAGE, MASH, GRAVY

Content: gluten - wheat flour, milk - butter/cream, onion.

ADD CRUDITÉS WITH DIP OR GUACAMOLE

Content: celery, onion, vegetarian.

PUDDING AND CHEESE

ICE CREAMS

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, vegetarian.

SORBETS

Content: alcohol, vegetarian.

ROASTED YORKSHIRE RHUBARB AQUA FABA PAVLOVA; OAT CREAM, RASPBERRY SORBET

Content: alcohol, vegan.

APPLE TARTE TATIN, VANILLA ICE CREAM

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, vegetarian.

CHOCOLATE AND HAZELNUT PANNA COTTA, FRANGELICO, PRALINE

Content: milk - butter/cream, hazelnuts, alcohol, vegetarian.

STICKY TOFFEE PUDDING, VANILLA ICE CREAM

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, sulphur dioxide - dried fruit, alcohol - cooked, residual, no sulphur dioxide, vegetarian.

TIRAMISÙ FOR TWO

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, alcohol, vegetarian.

CAFÉ GOURMAND

Content: gluten - wheat flour, egg - cooked, milk - cow's, vegetarian.

PETITS FOURS

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, almonds, sulphur dioxide - dried fruit, alcohol, vegetarian.

CORNISH YARG, BATH BLUE, OAT BISCUITS, APPLE AND BLACKBERRY CHUTNEY

Content: milk - cheese, vegetarian.

SANDWICHES, WRAPS, EGGS

HAND-PICKED CORNISH CRAB, LEMON MAYO

Content: gluten - wheat flour, egg - raw, pasteurised, shellfish - crab, mustard, sulphur dioxide, onion, non-meat. (Note, GF bread contains egg.)

FISH FINGER, GEM LETTUCE, PEA SHOOTS, TARTARE SAUCE, KETCHUP ON TOASTED BLOOMER

Content: gluten - wheat flour, egg - raw, pasteurised, fish, mustard, onion, non-meat. (Note, GF bread contains egg.)

HOME-COOKED HAM AND PICCALILLI

Content: gluten - wheat flour, milk - butter/cream, mustard, sulphur dioxide, pork - cured/bacon, onion, (Note, GF bread contains egg.)

MATURE CHEDDAR CHEESE, ONION JAM AND ROCKET

Content: gluten - wheat flour, milk - butter/cream, sulphur dioxide, onion, vegetarian. (Also, can be made with vegan 'Cheddar'. Note, GF bread contains egg.)

SMOKED SALMON, PRAWNS, AVOCADO, RED ONION, WATERCRESS, COCKTAIL SAUCE

Content: gluten - wheat flour, egg - raw, pasteurised, milk - butter/cream, smoked fish, mustard, sulphur dioxide, onion, non-meat. (Note, GF bread contains egg.)

EGGS ROYALE

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, sulphur dioxide, vegetarian. (Note, GF bread contains egg.)

EGGS BENEDICT

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, sulphur dioxide, vegetarian. (Note, GF bread contains egg.)

EGGS FLORENTINE

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, sulphur dioxide, vegetarian. (Note, GF bread contains egg.)

CALIFORNIAN EGGS

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, sulphur dioxide, smoked fish. (Note, GF bread contains egg.)

BREAKFAST ITEMS

PORRIDGE

Content: gluten - barley/oat/spelt, milk - cow's, vegetarian.

HOME-MADE GRANOLA

Content: gluten - barley/oat/spelt, tree nuts, sesame seeds, sulphur dioxide - dried fruit, vegetarian.

SUMMER BERRY AND ELDERFLOWER COMPOTE

Content: vegetarian.

BERRY BEAUTY SMOOTHIE

Content: gluten, milk - cow's, vegetarian.

THE HULK SMOOTHIE

Content: sulphur dioxide, vegetarian.

PORK SAUSAGE

Content: gluten - wheat flour, pork - cured/bacon.

BACK BACON

Content: pork - cured/bacon.

BAKED BEANS

Content: sulphur dioxide.

BLACK PUDDING

Content: gluten - wheat flour, vegetarian.

MUSHROOMS

Content: vegetarian.

TOMATOES

Content: vegetarian.

FRIED BREAD

Content: gluten - wheat flour, vegetarian.

FRENCH TOAST WITH STREAKY BACON AND MAPLE SYRUP

Content: egg - cooked, pork - cured/bacon.

VEGETARIAN BREAKFAST

Content: gluten - wheat flour, egg - cooked, soy - miso, sulphur dioxide, vegetarian.

VEGAN BREAKFAST

Content: gluten - wheat flour, sulphur dioxide, vegan.

SMOKED HADDOCK, POACHED EGG, SPINACH

Content: egg - cooked, smoked fish, non-meat.

SCRAMBLED EGG AND SMOKED SALMON

Content: egg - cooked, milk - butter/cream, fish, non-meat.

EGGS ROYALE

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, fish, vegetarian.

EGGS BENEDICT

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, vegetarian.

EGGS FLORENTINE

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, vegetarian.

CALIFORNIAN EGGS

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, smoked fish, sulphur dioxide, vegetarian. (Note, GF bread contains egg.)

AFTERNOON TEA

WELSH CAKES

Content: gluten - wheat flour, egg - cooked, milk - cow's, vegetarian.

BRIGID'S FRUIT CAKE

Content: gluten - wheat flour, egg - cooked, milk - cow's, vegetarian.

PARKIN

Content: gluten - wheat flour, egg - cooked, milk - cow's, vegetarian.

FREE-RANGE EGG MAYONNAISE AND CRESS SANDWICH

Content: gluten - wheat flour, egg - raw, pasteurised, vegetarian.

HONEY-ROAST HAM, TOMATO AND MUSTARD MAYONNAISE SANDWICH

Content: gluten - wheat flour, egg - raw, pasteurised, mustard,

POACHED SALMON, DILL, CRÈME FRAÎCHE SANDWICH

Content: gluten - wheat flour, egg - raw, pasteurised, milk - cow's, non-meat.

ROAST BEEF, HORSERADISH SANDWICH

Content: gluten - wheat flour, milk - cow's, (Can be with gluten-free bread (contains milk).)

SAUSAGE ROLL

Content: gluten - wheat flour, egg - cooked, pork,

CORONATION CHICKPEA IN A LITTLE GEM LEAF

Content: egg - raw, pasteurised, celery, vegetarian.

BROAD BEAN, MINT AND MOZZARELLA CIABATTA

Content: gluten - wheat flour, milk - cheese, tree nuts, vegetarian.

CHEDDAR, BACON AND ONION QUICHE

Content: gluten - wheat flour, egg - cooked, milk - cheese, pork - cured/bacon, onion,

HOISIN DUSK SAMOSA

Content: gluten - wheat flour,

CUSTARD SLICE

Content: gluten - wheat flour, egg - cooked, vegetarian.

COFFEE PROFITEROLE

Content: gluten - wheat flour, egg - cooked, milk - cow's, vegetarian.

FRUIT MERINGUE BASKET

Content: gluten - wheat flour, egg - cooked, milk - cow's, vegetarian.

STRAWBERRY SHORTCAKE

Content: gluten - wheat flour, egg - cooked, milk - cow's, vegetarian.

RASPBERRY TOWER

Content: gluten - wheat flour, egg - cooked, milk - cow's, vegetarian.

PASSION FRUIT CHEESECAKE

Content: gluten - wheat flour, egg - cooked, milk - cow's, vegetarian.

CHOCOLATE DELIGHT

Content: gluten - wheat flour, vegetarian.

LEMON AND RICOTTA CAKE

Content: gluten - wheat flour, egg - cooked, milk - cheese, vegetarian.

STRAWBERRIES AND CREAM

Content: milk - butter/cream, vegetarian.

WARM SCONE WITH STRAWBERRY JAM AND A CHOICE OF CLOTTED CREAM, WHIPPED CREAM OR BUTTER

Content: gluten - wheat flour, egg - cooked, milk - butter/cream, vegetarian.