#### Salads

#### freshly made

est til 1. telele	
Warm Sweet Chilli Chicken and Bacon, Dressed Mixed Salad, Baby New Potatoes <i>(Mu)</i>	£14.00
Goats Cheese and Roasted Beetroot, Dressed Mixed Salad, Baby New Potatoes (M, Mu, V)	£14.00
Chicken Caesar Salad, Parmesan Shavings, Croutons (M, F, Cg)	£14.00
Grilled Halloumi, Pomegranate Seeds, Quinoa, Baby New Potatoes <i>(M, V, Mu)</i>	£14.00
The Parkway Ploughman's - Ham, Y Fenni Cheese, Stilton.	£15.50

Crusty Bread, Pickled Onion, Slaw, Potato Salad, Grapes,

#### Hot Drinks

Freshly Brewed Tea or Coffee	£3.80
Cappuccino	£3.95/£4.25
Cafe Latte	£3.95
Espresso	£2.50/£4.00
Hot Chocolate with Marshmallows	£4.50
Macchiato	£3.50/£3.90
Mocha	£3.50
Selection of flavoured syrups	£0.50

# Café Ash & Ban Menu

### Sides

Chutney (M, Cq, E)

ALL £3.95

(Mu, V)

Homemade Chips (V) Homemade Coleslaw (E, V) Sweet Potato Fries (V) New Potatoes (V, M) Garlic Butter Ciabatta Battered Onion Rings (Cg, V) (Cg, M, So, V) Coleslaw (E, V) Cheesy Garlic Ciabatta £4.50 Selection of Vegetables (V) (Cg, M, So, V) Bread Roll and Butter £1.50 Honey Mustard Side Salad

(Cg, M, V)

# Allergens

C - Celery Cg - Cereals containing Gluten Cr - Crustaceans E - Eggs F - Fish L - Lupin Ve - Vegan M - Milk Mo - Molluscs MU - Mustard N - Nuts P - Peanuts S - Sesame seed So - Soya SD - Sulphur Dioxide V - Vegetarian





Break	efast
-------	-------

Dricakjast		Smoked Salmon and Dill Fishcake	£10.95
AVAILABLE FROM 9.00AM - 11.00AM		Prawn Cream Sauce, Watercress (F, M, Cr, Cg, E)	£10.95
Crispy Bacon Roll <i>(Cg, M)</i>	£6.50	Chilli Prawns	£8.00
Local Pork Sausage Roll <i>(Cg, M)</i>	£6.50	Plump King Prawns Sautéed and Coated in a Sweet	
Add a fried egg	£1.50	Chilli Sauce, Wedge of Lime ( <i>Cr</i> )	65.05
Toasted Teacake, Fruit Preserve and Butter (Cg, M, V)	£5.50	Mixed Indian Platter A Selection of Vegetable Pakora, Onion Bhaji, Vegetable	£7.25
Croque Monsieur. Ham and Cheese Toastie topped with Bechamel Sauce (Cg, M, E, So)	£7.50	Samosa, Aloo Tikki, Crisp Lettuce, Mango Chutney ( <i>Cg</i> )  Welsh Cheese Board	£8.00
Smashed Avocado, Poached Egg, English Muffin, light Sriracha Drizzle <i>(Cg, M, E, So, V)</i>	£7.50	3 Cheese Medley, Y Fenni, Perl Las, Black Bomber, Grapes, Celery and Crackers ( <i>C, Cg, M, Mu</i> )	10.00
Eggs Benedict - Ham, Poached Egg, Hollandaise, Toasted English Muffin <i>(E, Cg, M, So)</i>	£8.50		
Eggs Royale - Smoked Salmon, Poached Egg. Hollandaise, Toasted English Muffin <i>(Cg, F, M, E, So)</i>	£9.50	Sandwiches &Baguettes	
Eggs Florentine - Spinach, Poached Egg, Hollandaise,	£8.00	freshly made	
Toasted English Muffin (Cg, M, E, So, V)		All served with Crisps and Salad Garnish Gluten Free Bread available	
Lighter Bites		Sandwiches – Choice of White or Wholemeal Bloomer	£9.00
AVAILABLE FROM 11.30AM - 9.00pm		Baked Baguettes	£9.50
Homemade Soup of the Day. Warm Crusty Bread, Butter <i>(C, V)</i>	£7.25	Warm Brie, Bacon and Cranberry (M, Mu)	
Please ask your Server for daily Soup allergens		Jumbo Battered Fish Finger, Dill Tartare Sauce,	
Ham and Cheese Croquette Red Pepper Ketchup <i>(E, Cg, M, Mu)</i>	£8.50	Baby Gem <i>(Cg, F, E, Mu, M)</i> Egg and Cress Mayonnaise <i>(E, Mu, V)</i>	
Buttermilk Chicken Goujons Dressed Salad, Citrus Mayonnaise ( <i>Cg, E, M, Mu</i> )	£8.50	Tuna Mayonnaise and Cucumber <i>(F, E, Mu)</i> Cheddar Cheese and Red Onion Chutney <i>(M, Mu, V)</i>	
Main with Chips	£15.95	Ham and Wholegrain Mustard (Mu)	
Spinach, Feta and Cherry Tomato Quiche Salad Potatoes, Dressed Salad <i>(Cg, E, M, Mu, V)</i>	£10.95	Barbeque Pulled Pork <i>(Mu)</i> Chicken and Spiced Bacon Jam <i>(Mu)</i>	

## Mains

Chicken and Chorizo Pie, Poppy Seed Puff Pastry Lid, Homemade Chips <i>(Cg, M, E)</i>	£16.25
Welsh Beer, Battered Haddock Fillet, Chips, Minted Crushed Peas, Tartare Sauce, Grilled Lemon (Cg, F, E)	£17.50
Thai Beef Tagliatelle, Shaved Parmesan, Sweetcorn Fritter (Cg, M)	£17.00
6oz Prime Beef or Buttermilk Chicken Burger, Melted Echeese, Baby Gem, Sliced Tomato, Parkway Burger Sauce, Toasted Burger Bun, Homemade Chips (Cg, M, E) (Spiced Bean Burger Available)	£16.50
Mediterranean Vegetable Lasagne, Mixed Salad, Garlic Ciabatta (Cg, M, V, Mu, C)	£15.00
Chicken Tikka Masala, Naan Bread, Basmati Rice, Mini Poppadoms <i>(Cg)</i>	£15.95
Parkway Classic Club Sandwich - Triple Stack Toast, Chicken, Smoked Bacon, Baby Gem, Tomato, Garlic Mayonnaise <i>(Cg, E)</i>	£15.00
Macaroni Cheese, Crispy Onions, Salad, Garlic Ciabatta (Cg, M, V, Mu)	£14.00
Crispy Tofu Katsu Curry, Wild Rice, Shichimi Togarashi, £ Spring Onion and Fresh Chilli Micro Coriander ( <i>Ve</i> )	£15.95

# Jacket Potatoes

freshly baked, served with Dressed Salad and Butter

Choice of two fillings:

Chicken Tikka Masala (Mu) Baked Beans (Mu, V)

Cheddar Cheese (M, Mu, V) Coleslaw (E, Mu, V)

Tuna Mayonnaise (E, F, Mu)

Egg Mayonnaise (E, Mu, V)

Herb Chicken Mayonnaise (E)



£9.95