

BREAKFAST TIME

Served from 9 am until 3 pm

THE STRAND -
TALGARTH
TEL: 01874 711195

Large Cooked Breakfast: 2 fried eggs, 2 bacon, 2 sausages, 2 hash browns, mushrooms, tinned or fresh tomato, baked beans, black pudding, 2 slices of toast with tea or coffee	£11.50
Small Cooked Breakfast: Fried egg, bacon, sausage, hash brown, mushrooms, baked beans, toast with tea or coffee	£ 9.00
Vegetarian Cooked Breakfast: 2 fried eggs, 2 vegetarian sausages, 2 hash browns, mushrooms, tinned or fresh tomato, baked beans, 2 slices of toast with tea or coffee	£11.00
Vegan Cooked Breakfast: 3 vegan sausages, 2 hash brown, mushrooms, tinned or fresh tomato, baked beans, 2 slices of toast with tea or coffee	£10.00
Gluten Free Cooked Breakfast: 2 fried eggs, 2 bacon, 2 gf sausages, 2 hash browns, mushrooms, tinned or fresh tomato, baked beans, 2 slices of gf toast with tea or coffee	£11.50
Eggs Benedict: Toasted muffin with gammon ham, 2 poached eggs, covered in hollandaise sauce	£ 8.50
Eggs Florentine: Toasted muffin with spinach, 2 poached eggs, covered in hollandaise sauce	£ 7.50
Stack of five pancakes With syrup, chocolate or strawberry sauce or honey	£ 6.00
Smashed Avocado with fresh sliced tomato on toast	£ 6.50
Porridge (vegan option available)	£ 4.00

Brunch: Fried egg, 2 bacon, 2 sausages, mushrooms, baked beans & chips	£10.50
Vegetarian Brunch: Fried egg, 2 vegetarian sausages, mushrooms, baked beans & chips	£10.00
Filled Baps: Fried egg, 2 bacon, 2 sausages	£ 7.00
Fried egg and 2 bacon OR Fried egg and 2 sausages	£ 6.00
On Toast: Buck-rarebit (cheese, with a poached egg)	£ 7.50
Cheese (2 slices)	£ 7.00
Eggs (2) – Scrambled, Poached OR Fried	£ 6.00
Bacon and fried Egg	£ 6.00
Baked Beans	£ 5.00

Snack Time: Jumbo Hot dog (pork sausage) with fried onions	£ 5.00
3 bacon, fried egg and chips	£ 8.00
3 sausage, fried egg and chips	£ 7.50
Double egg and chips OR Fried egg, beans and chips	£ 6.80

HOT DRINKS

Breakfast tea	£2.20
Earl Grey tea	£2.20
Fruit/herbal tea	£2.30

Americano Regular	£2.80
Large	£3.00

Cappuccino / Latte Mocha / Flat White Regular	£3.00
Large	£3.95

Alternative milks are available
Oat, Soya & Coconut

Hot Chocolate Regular	£3.00
Large	£3.95

Add 15 p for a flake, marshmallows and squirty cream

COLD DRINKS

Cans see fridge	£2.00
Ginger beer	£4.00
J2O see fridge	£3.50
Daymer Juices	£3.00

Shmoo Milkshakes Strawberry – Banana - Chocolate	Large £3.50 - Small £2.50
Added extras:	£1.00
Squirty cream & toppings	

Special Dietary Requirements.

Please let a member of staff know upon ordering so we can cater for your needs.

LUNCH & DINNER

Served from 11.30 am – 8 pm

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Homemade Soup of the Day with roll and butter **£ 6.00**

Meaty Dishes:

Roast Chicken breast with peas and chips	£13.00
*Liver and onions with peas and mash potato	£10.00
Chicken Nuggets (8) with baked beans and chips	£10.00
Ham, fried egg and chips	£ 8.00
*Chicken, leek and ham pie with peas and chips	£ 9.50
*Steak and Kidney pie with peas and chips	£ 9.30
*Steak and Guinness pie with peas and chips	£ 9.30
*Cottage pie with peas and chips	£ 9.00
*Beef Lasagne with garlic bread, salad and coleslaw	£10.00
*Chicken Curry with boiled rice and naan bread	£12.50

Vegetarian/Vegan Dishes:

*Broccoli and cream-cheese bake with peas and chips	£11.50
*Vegetable Lasagne with garlic bread, salad and coleslaw	£10.00
*Maccaroni Cheese with garlic bread, salad and coleslaw	£10.00
*Vegan Cottage pie with mixed vegetables	£ 9.50
Vegan Sausages (2) with baked beans and chips	£ 7.00

Fishy Dishes:

*Tuna Pasta Bake with garlic bread	£ 9.50
Breaded Wholetail Scampi with peas and chips	£13.50
Battered Cod fillet with peas and chips	£13.50
Breaded Plaice fillet with peas and chips	£12.50
*Fish Pie cheese topping, served with mixed vegetables	£10.50

*= homemade dishes

JACKET

POTATOES

Served with salad garnish and homemade coleslaw

Cheese	£ 7.00
Beans	£ 7.00
Cheese & Beans	£ 7.50
Tuna Mayonnaise	£9.00
Mince Beef Chilli	£ 9.00
Chicken Curry	£10.00

PANINIS

Served with salad garnish and homemade coleslaw OR chips

£ 7.95 each

Bacon, Brie & Cranberry
Chicken, Bacon & Cheese
Tuna Melt
Ham & Cheese
Brie & Cranberry
Pesto & Mozzarella
Tomato & Mozzarella

SANDWICHES

Served with salad garnish and homemade coleslaw OR chips

£ 6.95 each

Beef & Mustard
Tuna Mayonnaise
Gammon Ham
Cheese & Pickle or Onion
Egg Mayonnaise

EXTRAS

Garlic Bread	£ 4.00
Cheesy Garlic Br	£ 5.00
Onion Rings	£ 4.00
Spiral fries	£ 4.00
Spicy Wedge fries	£ 4.00
Sweet Potato fries	£ 4.50
Chips	£ 3.50

**With cheese, please
Add £1.00**

OMELETTE (3 eggs)

served with salad garnish & homemade coleslaw OR chips

Fried Chicken and Cheese	£ 9.50
Fried Chicken and Bacon	£ 9.50
Bacon and Cheese	£ 9.50
Ham and Cheese	£ 9.00
Mushroom and Cheese	£ 9.00
Cheese	£ 8.50
Plain	£ 7.00

KID'S CORNER

Served with chips and beans and a glass of orange or blackcurrant squash

£6.00 per meal

Choose from:

Chicken Nuggets, Vegan Sausages,
Mini cheese pizza, Pork Sausages,
Beef burger, Cheeseburger

BURGERS

Served with salad garnish & homemade coleslaw with chips OR spiral fries OR spicy wedges

¼ pound double cheeseburger	£10.00
¼ pound cheeseburger	£ 9.00
¼ pound beef burger	£ 8.50
Chicken fillet burger	£ 9.00
Spicy Chicken fillet burger	£ 9.00
Chicken fillet burger BLT	£10.00

Extras add £1.00 for

Cheese – Bacon – Mushroom

GLUTEN FREE

Chicken Tikka, Rice & Naan Bread	£12.50
Cottage pie peas and chips	£ 9.00
Fish Pie, mixed vegetables	£10.50
Jam sponge or apple crumble with Custard or ice-cream	£ 5.20

SUNDAY LUNCH

Served 11.30 am until 3.30 pm every Sunday

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Choose from the following:

STARTER:

Homemade Soup of the Day with roll and butter
Breaded Garlic Mushrooms served with garlic mayo dip
Prawn Cocktail served with bread and butter

MAIN:

Choose from Roast Beef, Chicken, Turkey, Pork or Lamb
Or
Vegan Nut-less Nut Roast

All served with Yorkshire pudding, a selection of vegetables,
creamed and roast potatoes with meaty gravy

Or

Breaded Plaice served with peas, chips and tartare sauce

DESSERT:

Please choose your dessert from the menu
Served with custard, cream or vanilla ice-cream

To finish a complimentary cup of tea or coffee
with an after dinner mint

Single course: £11.00 per person

Two courses: £15.50 per person

Three courses: £20.00 per person

Prices include 20% VAT

DESSERTS

Served with custard, fresh
double cream or vanilla
ice-cream

£5.25 each

Syrup sponge pudding
Blackberry & apple crumble
Rhubarb & apple crumble
Apple crumble
Jam sponge
Lemon sponge
Apple pie
Bread & butter pudding
Chocolate fudge cake
Sticky Toffee pudding
GF/VG Lemon, Raspberry &
Hibiscus cake
Chocolate sponge pudding
served with chocolate sauce

Vanilla ice-cream & flake
Chocolate or strawberry sauce

£4.00 each

Dairy free vegan Ice-cream
Vanilla **£ 4.00**
Salted Caramel **£4.00**

CAKES

Large cream tea £ 6.00
2 scones, jam & cream with a
pot of tea or filter coffee

Small cream tea £ 5.00
scone, jam & cream with a pot of
tea or filter coffee

Bara Brith & butter £ 2.50
Large Toasted Teacake £ 3.00
Welsh cakes & butter £ 2.50

THURSDAY SENIOR CITIZEN LUNCHES FROM 11.30 am until 2.00 pm

Choose from the following main course:

Roast Beef, Pork or Turkey served with vegetables, creamed and roast potatoes & gravy.

Steak & Kidney Pie	Cottage Pie	Faggots in gravy	2 pork sausages
Lamb liver and onions	2 vegan sausages	Vegan cottage pie	Chicken & mushroom pie

All served with vegetables and creamed potatoes and gravy.

Ham, egg & Chips	Plaice peas & chips	Chicken curry & rice	Vegetable or Beef Lasagne & salad
Plain omelette with salad	Cheese omelette with salad	Jacket potato with cheese & beans	

A choice of two desserts of the week available to choose from, ask a member of the team

Two course meal £9.50 each - includes a cup of tea or coffee