

STRAND BEVERAGE COUNTER

Soya and Oat milk alternatives are available, please ask.

Hot Drinks	Regular	Large	
Espresso	£2.00	Double Espresso	£2.50
Macchiato	£2.00	Double Macchiato	£2.50
Americano	£2.75		£3.00
Latte	£3.00		£3.95
Cappuccino	£3.00		£3.95
Flat White	£3.00		£3.95
Mocha	£3.00		£3.95

Syrups for Coffee: Caramel / Vanilla / Hazelnut

Small Hot Chocolate	£3.00	with cream & mallows	£3.10
Large Hot Chocolate	£3.95	with cream & mallows	£4.15
Pot of Breakfast Tea per person			£2.00
Pot of Twist Tea (ask about flavours) per person			£2.20
Pot of Chai Twist Tea (ask about flavours) per person			£3.00

Cold Drinks

Coke	£1.80	Diet Coke	£1.80
7UP	£1.80	Elderflower	£1.80
Apple Tango	£1.80	Orange Tango	£1.80
Bottle of Ginger Beer	£3.25		

Large Milkshakes: £3.00 each

Strawberry, Chocolate or Banana Flavour

If you have any dietary requirements, please speak to a member or staff who will be happy to help.

AFTERNOON TEA AT THE STRAND (cakes when available)

Large Cream tea – £5.00

scones (2) with jam and clotted cream and a pot of tea or filter coffee.

Small Cream tea – £4.00

scone (1) with jam and clotted cream served with a pot of tea or filter coffee.

Slice of Bara Brith (traditional Welsh tea/fruit cake) £2.00

Coffee cake with fresh double cream (homemade) £4.95

Large Toasted Tea Cake (local bakery) £2.00

Welsh Cake (2) with butter £1.80

Please see the fridge or counter for other available cakes.

Gluten Free cakes are available please speak to a member of staff.

If you have any dietary requirements, please speak to a member of staff who will be happy to help.

Senior Citizen Lunches held every Thursday from 11.30 am 'til 2.00 pm BOOKING IS ESSENTIAL.

Choose your main course from the following:

Roast Beef, Roast Pork or Roast Turkey served with vegetables, potatoes, & gravy

*Steak and Mushroom Pie

*Cottage Pie

*Steak and Kidney Pie

*Chicken Pie

*Faggots in Gravy

*Sausages (2)

*Lambs Liver and onions

*Veggie sausages (2)

*Vegan Cottage Pie

All served with potatoes and vegetables or chips and peas.

Ham, Egg and chips

Plaice, Peas and chips

Chicken curry & rice or chips

Plain omelette and salad

Veggie Lasagne & salad

Beef Lasagne & salad

Cheese omelette and salad

Jacket potato with cheese and beans

A choice of two desserts of the week available to choose from.

Ask a member of staff.

If you have any dietary requirements, please speak to a member of staff, or let us know when booking.

V = Vegetarian

VG = Vegan

GF = Gluten Free

BREAKFAST TIME AT THE STRAND!!

BREAKFAST SERVED FROM 9 am UNTIL 3 pm

Full English Breakfast

2 eggs, 2 bacon, 2 sausages, mushrooms, 2 hash browns, baked beans, tinned tomatoes, black pudding, and 2 slices of toast with a pot of tea or filter coffee. £10.00

Small Breakfast

Egg, bacon, sausage, mushrooms, hash brown, baked beans, and toast with a pot of tea or filter coffee. £ 7.50

(V) Vegetarian Breakfast

2 eggs, 2 vegetarian sausages, baked beans, tinned tomatoes, fried mushrooms, 2 hash browns, served with 2 slices of toast, with a pot of tea or filter coffee. £ 9.50

(VG) Vegan Breakfast

3 vegan sausages, baked beans tinned tomatoes, fried mushrooms, 2 hash browns, served with 2 slices of toast, with a pot of tea or filter coffee £ 8.50

(GF) Gluten Free Breakfast

2 eggs, 2 Bacon, 2 gluten free sausage, fried mushrooms, 2 hash browns, baked beans, tinned tomatoes, and 2 slices of gluten free toast, with a pot of tea or filter coffee. £10.00

Stack of four pancakes

With syrup, chocolate or strawberry sauce or honey £ 5.00

Smashed Avocado and fresh sliced tomato on toast £ 5.00

2 slices of Toast with jam or marmalade £ 1.75

Porridge (vegan option available) £ 3.50

Brunch –

Egg, 2 bacon, 2 sausages, baked beans, mushrooms, and chips £ 9.00

Vegetarian Brunch-

Egg, 2 vegetarian sausages, baked beans, mushrooms, and chips £ 8.50

Breakfast baguette –

2x bacon, 2x sausage, mushrooms and 2 eggs and hash brown £8.50

Bacon and melted cheese baguette £6.75 Bacon Bap £4.60

Scrambled eggs (3) on toast £5.50 Sausage Bap £4.50

Double poached eggs on toast £5.00

Bacon & Egg on toast £5.50

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SNACK TIME AT THE STRAND!!

STRAND OMELETTE (3 eggs) served with side salad and coleslaw or Chips.

Plain (v)	£6.20	Cheese (v)	£7.20
Cheese and ham	£8.20	Fried chicken & cheese	£8.70
Fried chicken and bacon	£8.70	Bacon and cheese	£8.70
Mushroom and cheese (v)	£8.20	Mushroom and onion (v)	£7.70

STRAND HOT SNACKS

Buck-rarebit (cheese on toast with a poached egg on top) salad garnish (v)	£6.50
Cheese on toast (2) salad garnish (v)	£6.00
Mushrooms on toast (v)	£5.70
Beans on toast (v)	£4.50
Jumbo hot dog with onions	£4.00
Bacon (3), egg and chips	£7.00
Sausage (3), egg and chips	£6.50
Double egg and chips (v)	£5.80
Egg, beans, and chips (v)	£5.80

SANDWICHES served with salad garnish and crisps. (GLUTEN FREE available)

Tuna Mayonnaise	£5.80	Pulled Pork	£5.80
Gammon Ham	£5.80	Roast Beef with mustard	£6.50
Roast Turkey and cranberry	£6.50	Roast Lamb and mint sauce	£7.00
Cheese, ham and coleslaw	£5.80	Cheese and pickle (v)	£5.50
Egg Mayonnaise (v)	£5.00	Cheese and onion (v)	£5.50

Toasted sandwiches are available please ask.

STRAND PANINIS (all served with salad garnish & coleslaw OR chips)

Bacon, brie and cranberry	£7.20
Fried chicken, bacon, and cheddar cheese	£7.50
Fried chicken and bacon	£7.20
Tuna and cheddar cheese	£7.20
Bacon and cheddar cheese	£7.20
Ham and cheddar cheese	£7.00
Brie and cranberry (v)	£6.70
Fresh tomato and mozzarella (v)	£6.20
Pesto and mozzarella (v)	£6.20
Cheddar cheese and onion (v)	£6.20

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STRAND PIZZA

	9-inch	12 inch
Cheese and tomato (v)	£7.60	£10.50
Hawaiian (ham and pineapple)	£9.70	£13.00
Farmhouse (ham and mushroom)	£9.70	£13.00
Spicy chicken and BBQ	£9.70	£13.00
Pepperoni	£9.70	£13.00
Vegetarian (sweetcorn, mushrooms, onions, peppers) (v)	£10.70	£14.80
BBQ Special (spicy chicken, BBQ sauce, onion, pepperoni)	£11.00	£15.00
Pepperoni special (ham, pepperoni, peppers)	£11.00	£15.00

STRAND BURGERS (all served with side salad, coleslaw, chips, OR Spiral fries)

For Sweet potato fries add an extra £1.00.

¼ pound cheeseburger with bacon	£9.00
¼ pound cheeseburger	£8.50
¼ pound double cheeseburger	£9.00
¼ pound beef burger	£8.00
¼ pound double cheeseburger with bacon	£9.50
Chicken burger	£8.50
Chicken burger with cheese	£9.00
Chicken burger BLT	£9.00
Spicy Chicken burger with cheese	£9.00
Spicy chicken burger	£8.50
Vegetarian burger (v)	£8.50

STRAND KIDS MEALS - £5.50

Choose from one of the following all served with beans and chips with a glass of squash.

Chicken nuggets (4)	Veggie Sausages (2)(v)	Beef burger in a bun
Vegan nuggets (4) (vg)	Sausages (2)	Cheeseburger in a bun
Mini cheese pizza (v)	Small hot dog	Fish Stars

STRAND CURRIES (all served with a poppadum)

Choose boiled rice, pilau rice, chips or ½ and ½ chips and rice.

Chicken Madras	£12.00	Chicken Jalfrezi	£12.00
Chicken Tikka Masala	£12.00	Chicken Korma	£12.00
Mild Beef Curry	£12.00	Lamb Rogan Josh	£15.00
Sweet Potato, Chickpea & Spinach (vg)		£12.00	

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STRAND MAIN LINERS

MEATY DISHES

*Lamb Casserole served with garden peas and creamed potatoes	£15.00
Gammon steak served with egg, pineapple or both, peas & chips	£12.00
½ Roast Chicken on the bone with garden peas & chips	£12.50
Faggots served in gravy with mushy peas & creamed potatoes	£8.00
*Liver & onions served in gravy with garden peas & creamed potatoes	£9.00
Hunter's chicken wrapped in bacon & cheese w. BBQ sauce; peas & chips	£9.00
Chicken nuggets (8) served with baked beans and chips	£9.00
Ham, egg, and chips	£7.00

PIE DISHES (all served with garden peas and chips)

*Chicken and Mushroom pie	£8.95	*Chicken pie	£8.95
*Steak and kidney pie	£8.95	*Steak and Mushroom pie	£8.95
*Steak and Guinness pie	£8.95	*Cottage pie - cheese topping	£8.50

VEGETARIAN / VEGAN DISHES

*Broccoli & cream cheese bake (v) served with peas and chips	£10.95
*Vegetable Lasagne (v) served with salad and coleslaw	£9.00
*Vegetable / vegan Chilli (hot) (v, vg) served with boiled rice	£8.50
*Macaroni Cheese (v) served with salad and coleslaw with garlic bread	£9.00
*Vegan Mince Cottage Pie (vg) served with mixed vegetables	£9.00
Veggie Sausage (2) served with baked beans and chips (vg)	£6.50
Jacket Potato served with salad and baked beans (vg)	£5.50

PASTA DISHES

*Tuna Pasta Bake served with garlic bread	£8.95
*Pasta Bolognese served with garlic bread	£8.00
*Beef Lasagne served with salad and coleslaw	£9.00
*Chicken & Bacon Tagliatelle served with salad and coleslaw	£8.80

FISH DISHES

Breaded Whole-tail Scampi served with garden peas and chips	£12.50
Battered Cod fillet served with garden peas and chips	£12.50
Breaded Plaice fillet served with garden peas and chips	£11.50
Jumbo Fish Fingers (2) served with baked beans and chips	£8.95
*Fish pie with cheese topping served with mixed vegetables	£8.95

STRAND JACKET POTATOES served with side salad and coleslaw.

*Minced Beef Chilli (hot)	£8.80	*Vegetable Chilli (hot)(v/vg)	£8.50
Tuna Mayonnaise	£8.80	Pulled Pork	£8.50
Cheese and coleslaw (v)	£7.00	Cheese and Beans (v)	£7.00

*= *Homemade dishes*

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STRAND SALADS served with bread roll and butter (gluten free available).

½ Roast Chicken Salad	£12.50	Prawn Salad	£13.50
Tuna Salad	£9.75	Roast Beef Salad	£9.95
Wiltshire Ham Salad	£8.95	Cheddar Cheese Salad (v)	£8.50
Boiled Egg (2) Salad (v)	£8.50	Brie Salad (v)	£8.50

STRAND GLUTEN FREE

Jacket potato with chicken korma served with side salad & coleslaw	£12.00
* Chicken Tikka served with boiled rice, and poppadum	£12.00
*Cottage pie served with garden peas and chips	£8.50
*Fish pie served with garden peas and chips	£8.95
Jacket potato served with cheese and beans (v)	£7.00
Mushroom and cheese omelette served with salad and coleslaw (v)	£8.20

Gluten Free Roast Dinners are available on Sunday from 12 noon to 3.30 pm.

STRAND SIDE DISHES

Southern fried popcorn chicken served with salad & sweet chilli dip	£7.00
BBQ chicken wings served with salad and BBQ dip	£7.00
Garlic Mushrooms with salad garnish and garlic mayo dip (v)	£6.00
Prawn Cocktail served with brown bread and butter	£6.00
Soup of the day served with brown or white bread roll & butter	£5.00
(can be vegetarian and gluten free please speak to a member of staff)	

Cheesy Garlic Bread baguette (v)	£5.00
Garlic bread baguette (v)	£4.00
Battered Onion Rings (v)	£3.50
Cheese and chive filled potato skins (v)	£4.50

Spiral fries (v, vg)	£3.50	Spicy Wedge Fries (v, vg)	£3.50
Chips (v, vg, gf)	£3.00	Sweet potato Fries (v, vg)	£4.00
With cheese, please add	£1.00		

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SOMETHING SWEET!!

HOT OFF THE PRESS STRAND DESSERTS served with custard or vanilla ice-cream.

Sticky Syrup pudding	£4.95
*Blackberry and apple crumble (vg)	£4.95
*Rhubarb & apple crumble (vg)	£4.95
*Apple crumble (vg)	£4.95
*Chocolate Sponge & chocolate sauce	£4.95
*Chocolate Brownie & chocolate sauce (gf)	£4.95
*Jam Sponge	£4.95
*Blueberry Sponge	£4.95
*Lemon Sponge	£4.95
*Apple Pie	£4.95
*Bread and butter pudding	£4.95
Spotted Dick pudding	£4.95

DEVILISHLY COOL STRAND DESSERTS Served with cream or vanilla ice-cream.

Chocolate fudge cake	£4.95
Chocolate orange cake	£4.95
Lemon meringue roulade (gf)	£4.95
Banoffee cream pie	£4.95
Chocolate fondant (gf)	£4.95
Vanilla Ice-cream & flake (Chocolate or strawberry sauce)	£3.50
Dairy Free Vegan Vanilla Ice-cream	£3.50
Vegan Cheesecake with dairy free ice-cream	£4.95

STRAND GLUTEN FREE DESSERTS

*Jam Sponge served with custard or ice-cream	£4.95
*Apple crumble served with custard or ice-cream	£4.95
*Blackberry & apple crumble served with custard or ice-cream	£4.95

**Homemade dishes*

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All prices include 20% VAT.