



Please order at the bar

STARTERS

(v) Homemade soup of the day with fresh bread £4.50

Smoked haddock and spring onion fishcakes with fresh tartar sauce £5.50

Fresh Swansea mussels cooked with smoked bacon, leeks and cream served with crusty bread £5.50

Baked omelette topped with smoked salmon and lemon & chive crème fraiche £5.50

Grilled black pudding with apple mash and red wine & smoked bacon sauce £5.50

(v) Sag Aloo (Curried Spinach) potato cakes with mint raitha £5.25

Salad of mini jacket potatoes topped with blue cheese sour cream and crispy smoked bacon £5.25

(v) Creamy sautéed garlic & herb mushrooms on toast £5.50

Chicken liver and port pate, toast and homemade plum chutney £5.50

Hot garlic & chilli prawns with crusty bread £5.75

MAINS

The Lowfield mixed grill – rump steak, gammon steak, lamb cutlet, Cumberland sausage, fried egg, onion rings, mushrooms, peas and handcut chips. Ideal for large appetites! £17.50

Pan fried fillet of seabass, new potatoes, broccoli and a lemon and thyme cream sauce with fresh Swansea mussels £12.75

8oz Homemade beefburger with cheese, tomato relish, coleslaw & handcut chips £10.00*

Local chargrilled steak with salad garnish, mushroom, onion rings & handcut chips
8oz Sirloin £15.75 / 10oz Rib eye £17.75

Add Green Peppercorn Sauce or Red Wine & Smoked Bacon Sauce for £2

Kedgeree – a mildly curried risotto with smoked haddock and topped with a poached egg £10.50*

“Three Tuns” beer battered haddock, pea puree, tartare sauce & handcut chips £10.75

10oz grilled gammon steak with free range fried eggs, handcut chips & homemade chutney £10.50

Roast chicken breast, Lyonnaise potatoes, braised leeks and a whisky & mustard sauce £11.50

Local Cumberland sausages with mashed potato & onion gravy £9.00*

Slow-roasted belly pork with sausagemeat & apple stuffing, roasted winter vegetables & cider gravy £11.50

Chicken dhansak – a medium hot curry with sweet and sour flavours and lentils. Served with basmati rice & naan bread £10.50*

(v) Sag Aloo (Curried Spinach) potato cakes mixed leaf salad & mint raitha £10.00

(v) Goat's cheese & roasted pepper frittata (an Italian baked omelette) served with a salad £10.00

Roasted duck breast (cooked pink) with orange sauce, parmentier potatoes and roasted carrots £12.75

Roast lamb rump with parsnip mash, Savoy cabbage & redcurrant & rosemary sauce £12.25

Locally made faggots with mashed potato, peas & onion gravy £9.00*

Pan fried lambs liver with colcannon mash and red wine & bacon sauce £10.50

(v) Butternut squash, red onion & spinach lasagne served with mixed salad £10.00

Pan-roast salmon fillet served with crushed new potatoes, green beans and a lemon and thyme sauce £11.50

SANDWICHES

Hot roast beef bap with horseradish mayo & handcut chips £6.75

Hot roast turkey & stuffing bap with cranberry sauce & handcut chips £6.75

Coronation chicken wrap – grilled chicken in a mild creamy curry dressing wrapped in a flour tortilla £5.50

Cumberland sausage baguette with caramelized onions & handcut chips £6.50

Chicken mayonnaise & crispy bacon in ciabatta £5.50

Minute steak sandwich with caramelized onions, mushrooms & Dijon mayonnaise in ciabatta with handcut chips £7.75

(v) Welsh cheddar & homemade chutney sandwich on ciabatta £4.75

Fish fingers, shredded iceberg and homemade tartar sauce in ciabatta served with handcut chips £6.50

Prawns & Marie Rose sandwich in granary bread £5.50

SIDE ORDERS

Chips £2.75

New Potatoes £2.25

Side Salad £2.50

Seasonal Vegetables £2.50

Bread Basket £1.50

Coleslaw £1.50

Mixed Olives £2.00

Garlic bread £2.75 / Garlic bread with cheese £3.50

* We offer smaller portions of these dishes for those with a smaller appetite and older children at a £2 reduction in price. For even smaller kids, please see the menu on the reverse.

HOMEMADE PUDDINGS

Apple pie served with cinnamon ice cream or custard £4.95

Homemade donuts with banana butterscotch sauce and milk ice cream £4.95

Dark and White Chocolate Pannacotta £4.95

Baked vanilla cheesecake topped with blackberries £4.95

Warm chocolate brownie with chocolate sauce & milk ice cream £4.95

Classic Millefeuille - sweet Chantilly cream and winter berries layered in fresh puff pastry £4.95

Warm Belgian waffle with either butterscotch sauce (or) chocolate fudge sauce and milk ice cream £4.95

Vanilla crème brulee £4.95

ICE CREAMS & SORBETS – from Dairy Dreams of Churchstoke

Choose 3 scoops of the following all served with a homemade Shrewsbury biscuit for £4.50 –

- Milk (straight from the cow!)
- Chocolate
- Rum 'n' Raisin
- Cinnamon
- Strawberry
- Ginger
- Lemon Sorbet
- Peanut Butter
- Bara brith
- Clotted cream & Brandy

CHEESEBOARD

A selection of delicious British cheeses served with celery, biscuits & homemade chutney £6.50

Kid's menu

All dishes are £5.50 and come with a scoop of ice cream for pud!

- Burger & chips
- Sausage & mash
- Ham & chips
- Pasta & tomato sauce
- Soup & bread
- Fish fingers, chips & peas

We source all of our food locally wherever possible and all dishes are prepared to order. This means that there may be a short wait - especially at busy times - but we feel that it's worth it. Good, fresh, hearty food can't be rushed!

Relax and enjoy your visit!

COFFEE

Cafetiere / Tea £2

Espresso £1.50

Americano £2.00

Double Espresso / Cappuccino / Latte / Hot Choc £2.50

Peppermint / Earl Grey / Chamomile Teas £2

PUDDING WINES

Late Harvest Sauvignon Blanc, Conch y Toro (Chile)
- 375ml btl 11.00 – 50ml glass 2.50

A delicate wine with papaya, peach & honey aromas & a light, honeyed-fruit palate

Muscat de Saint-Jean-de-Minervois, (France)
- 375ml btl 11.00 – 50ml glass 2.50

A soft, grapey desert wine which is both highly aromatic & deliciously sweet

WINES OF THE MONTH

Nero D'Avola (Italy)

An easy drinking style of this Sicilian red – Rich fruit flavors with a hint of spice

£13.75 btl/ £4.75 250ml / £3.75 175ml

Friulano, La Delizia (Italy)

A fresh & aromatic white wine with a light body and a crisp dry finish.

£12.75 btl / £4.40 250ml / £3.30 175ml

We have four tastefully decorated modern en-suite bedrooms available upstairs! Double £65, Single £45 including full cooked breakfast.