

## MEAT DISHES

**GF ASK FOR DF 10 oz Rump Steak £17.50**

Prime rump of beef pan-fried and Served with garden peas, grilled tomato & mushrooms

**GF ASK FOR DF 10 oz Gammon Steak £12.75**

Choice grilled gammon ham from our local butcher  
Served with garden peas, grilled tomato & mushrooms

**GF ASK FOR DF Chicken Breast £11.25**

A whole breast lightly seasoned served with salad garnish & Trader coleslaw

**7oz Prime Welsh Beefburger £10.45**

Served in a bun with lettuce, tomato & onion, add bacon @ £1.00 add cheese @ 80p

**Trader Beef Lasagne £9.95**

Homemade to our own recipe with beef from our local butcher, with salad & Trader coleslaw garnish

*All the above are accompanied by your choice of chips, jacket or full salad*

**ASK FOR DF Steak & Onion Baguette £10.95**

Succulent strips of rump steak, pan-fried with onions in a crusty baguette, served with chips

Why not add a salad & Trader Coleslaw garnish @ £1.80

**ASK FOR DF Chilli Dog £10.95**

Bratwurst Sausage, Chilli con Carne and melted cheese in a brioche bun with chips on the side

**Chicken Salad Sandwich £5.95**

Succulent slices of chicken breast on a bed of house salad in slices of malted bloomer bread.

Served with coleslaw and crisps

**GF Piri Piri Pork £10.50**

Succulent & bursting with flavour served with caraway & pea rice

**Trader Sexy Wedges £9.95**

Our very own recipe of deep fried potato wedges - served with bacon, onion, garlic and  
sweet chilli sauce topped with melted cheese, salad & Trader coleslaw garnish

**Texan Style Pulled Pork £10.45**

With a "smokey" BBQ Sauce in a soft roll on a bed of Trader Coleslaw, topped with  
cheese, onion rings and served with Cajun wedges

**Pork Schnitzel £11.50**

Pork tenderloin coated in panko breadcrumbs pan-fried in butter

Served with fried egg, peas & chips

Why not add a Mushroom Sauce? £2.95

**GF Beef Stroganoff £12.50**

Made with prime beef in a classic stroganoff sauce served with rice or chips

Add £1.50 for 1/2 & 1/2

**GF/GLUTEN FREE DF/DAIRY FREE ASK FOR DF/ASK FOR DAIRY FREE**

**GF** **Homemade Chicken Curry** £10.25

Succulent chicken breast in a delicious, vibrant, hand- made sauce using authentic Indian ingredients to our own in house recipe Add £1.50 for 1/2 & 1/2

**DF** **Beef Stir Fry** £12.25

Strips of prime beef stir fried with assorted fresh vegetables of the day and noodles in a vibrant oriental sauce

**DF** **Chicken Stir Fry** £10.95

Strips of succulent chicken breast stir fried with assorted fresh vegetables of the day & noodles in a vibrant sauce

**DF** **Paella** £10.75

A Spanish classic from the Trader Kitchen with chorizo, chicken & prawns  
Served with Garlic Bread

**ASK FOR GF** **ASK FOR DF** **Thai Rare Beef Salad** £12.25

Strips of prime Welsh beef steak tossed in our house salad and served with rainbow rice, garlic & rosemary potatoes & chef's own amazing Thai dressing (contains nuts)

**ASK FOR GF** **ASK FOR DF** **Thai Chicken Salad** £10.95

Slices of tender chicken breast tossed in our house salad & served with rainbow rice, garlic & rosemary potatoes and chef's own amazing Thai dressing

**FISH DISHES**

**Battered Cod** £10.95

Fillet of cod, sourced from Milford Haven, cooked in our handmade beer batter served with peas

**Scampi** £11.25

Wholetail scampi served with homemade tartar sauce, salad & Trader coleslaw garnish or peas  
*All the above are accompanied by your choice of chips, jacket, mashed potatoes or full salad*

**GF** **DF** **Salmon Moilee** £13.75

Luscious salmon in a moilee sauce of green chilli, garlic, ginger & coconut milk served with rice

**Tagliatelle Prawns** £ 11.75

King prawns & cherry tomatoes in a rich creamy sauce infused with saffron & ginger  
Served with tagliatelle & Garlic Bread

**VEGETARIAN**

**DF** **Vegetable Stir Fry** £10.40

Fresh vegetables stir fried with noodles in a vibrant oriental sauce

**Veggie Sexy Wedges** £9.75

Our very own recipe of deep fried potato wedges, served with mushroom, onion, garlic and sweet chilli sauce topped with melted cheese, salad & coleslaw

**GF** **Vegetable Curry** £10.25

Paneer, spinach and chickpea curry, handmade to our own in house recipe using authentic Indian ingredients, served with rice or chips Add £1.50 for 1/2 & 1/2

**GF** **DF** **Vegan Veggie Mex** £8.75

Big on flavour, this selection of root veg is slow cooked in a rich sauce with a delicate hint of sweet paprika. Served with caraway & pea rice

## SIDES

Pepper sauce £2.95

Mushroom sauce £2.95

Garlic bread £3.10

Cheesy garlic bread £4.75

Chips £2.50

Portion of wedges £2.70

Jacket potato £2.40

Peas £1.00

Mushy peas £1.10

Homemade battered onion rings £2.30

Mushrooms £2.50

Baked beans £1.20

Side salad £2.50

Trader coleslaw £1.20

Pineapple slice £0.90

Egg £0.90

Grated cheese £1.70

Roll & butter £1.40