



Meat Dishes



GF ASK FOR DF 10 oz Rump Steak £18.75

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

GF ASK FOR DF 10 oz Gammon Steak £13.95

Choice pan fried gammon steak from our local butcher

Served with garden peas, grilled tomato & mushrooms Add Pineapple or Egg £1.00 each

7oz Prime Welsh Beefburger £10.75

In a bun with onion, tomato & lettuce with coleslaw, add bacon @ £1.10 add cheese @ £1.00

Yucatan Burger £14.95

Chef's own Pork & Chorizo Burger on a bed of lettuce, with crème fraiche and chive, topped with cheese, pork pibil and pink onions. Served with fries and slaw

Trader Beef Lasagne £11.50

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

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

ASK FOR DF Steak & Onion Baguette £11.50

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

Why not add - Cheese £1.00 Mushroom £1.00 Salad & Trader Coleslaw garnish £2.00

ASK FOR DF Chilli Dog £12.50

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

ASK FOR DF Chicken Salad Sandwich £7.50

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

Served with coleslaw and crisps

ASK FOR GF Trader Sexy Wedges £10.75

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

ASK FOR DF Texan Style Pulled Pork £12.95

With a "smokey" BBQ Sauce in a soft roll, topped with cheese & onion rings

Served with Cajun wedges and Trader coleslaw

Pork Schnitzel £14.75

Pork tenderloin coated in panko breadcrumbs pan-fried in butter

Served with fried egg, peas & fries Why not add a Mushroom Sauce? £3.00

GF ASK FOR DF Baby Back Ribs £15.25

Half a rack of pork loin ribs. Apple wood smoked in-house, cooked low and slow and glazed with our own recipe Black Cherry, Chilli & Chocolate sticky rib sauce

Served with skin on fries, coleslaw and buttered corn on the cob

GF Beef Stroganoff £13.50

Made with prime Welsh beef in a classic stroganoff sauce

Served with rice or fries Add £1.50 for 1/2 & 1/2

GF DF Paella £12.50

A Spanish Classic from the Trader kitchen with chorizo, chicken & prawns

Why not add Garlic Bread? £3.10

More Meat Dishes

Ask for GF **Homemade Chicken Curry** £11.75

Succulent chicken breast in a delicious, vibrant, hand- made sauce using authentic Indian ingredients to our own in house recipe Served with rice or fries, Naan bread & poppadom
Add £1.50 for 1/2 & 1/2

DF **Beef or Chicken Stir Fry** £13.50

Choose from strips of prime Welsh beef or succulent chicken breast stir fried with assorted fresh vegetables of the day and noodles in a vibrant oriental sauce

GF ASK FOR DF **Thai Rare Beef or Thai Chicken Salad** £13.50

Choose from strips of prime Welsh beef steak or slices of tender chicken breast tossed in our house salad and served with rainbow rice, garlic & rosemary potatoes and chef's own amazing Thai dressing (contains nuts)

Fish Dishes

Battered Cod* £11.50

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

Scampi* £11.95

Wholetail scampi served with homemade tartar sauce, salad & Trader coleslaw garnish or peas

*** Accompanied by your choice of fries, jacket or full salad**

GF DF **Salmon Moilee** £14.75

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

ASK FOR GF **Hake Fillet with Chorizo, Butter Beans and Goats Cheese** £14.95

A one pot wonder with pan-fried fillet of hake served on a bed packed with flavours from mild chorizo, spinach, goat's cheese and butter beans

(Subject to availability) **DF** **Crab Linguine** £15.00

A perfect summer classic, succulent white crab meat with lemon, fresh tomato, chilli, garlic and fresh herbs Why not add Garlic Bread?

Vegetarian

DF **Vegetable Stir Fry** £11.25

Fresh vegetables stir fried with noodles in a vibrant oriental sauce

ASK FOR  **ASK FOR GF** **Veggie Sexy Wedges** £10.25

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

ASK FOR GF **Vegetable Curry** £11.75

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

ASK FOR  **GF DF** **Rainbow Stir Fry** £11.75

Fresh vegetables stir fried with Rainbow Rice in a vibrant oriental sauce

ASK FOR  **ASK FOR DF** **GF** **Roast Tomato & Basil Risotto** £12.25

Sunshine on a plate! The perfect combination of juicy roasted cherry tomatoes and fresh basil leaves bring lingering flavour to this classic dish

SIDES

Pepper sauce £3.00

Mushroom sauce £3.00

Garlic bread £3.10

Cheesy garlic bread £4.75

Skin on fries £3.00

Portion of wedges £2.90

Jacket potato £2.60

Peas £1.50

Mushy peas £1.50

Homemade battered onion rings £3.50

Mushrooms £2.50

Baked beans £1.20

Side salad £3.00

Trader coleslaw £1.30

Pineapple slice £1.00

Egg £1.00

Grated cheese £1.70

Roll & butter £1.80