



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 £11.50

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

Nola Fiya £14.50

New Orleans slang for "That New Orleans fire" A buttermilk and Sriracha marinated crispy chicken burger served with our own smoked chilli ketchup, Monterey Jack, smoked streaky bacon & topped with crème fraiche, tomato, lettuce & red onion. Served with a side of fries and slaw

Trader Beef Lasagne £11.75

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 £11.75

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 £14.95

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 Brisket Birria Tostadas £14.95

Corn tortillas fried and topped with pulled brisket slow cooked in a Mexican style consommé. Garnished with crème fraiche, grated cheese and a citrus sweetcorn salsa.

Served with seasoned wedges

GF Beef Stroganoff £13.95

Made with prime Welsh beef in a classic stroganoff sauce

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

Lamb Ragu £12.50

A delicious ragu featuring prime lamb slow-cooked with tomatoes, herbs & spices highlighting the very best flavour of lamb

Served with tagliatelle & Parmesan cheese

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, succulent chicken breast or Halloumi stir fried with assorted fresh vegetables of the day and noodles in a vibrant oriental sauce

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

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

One Pot Lamb Orzo £13.75

This is Greece on a plate! Packed with flavours of the Mediterranean with succulent pieces of tender lamb combined with spinach, tomato & black olives and orzo pasta sprinkled with Feta

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

Ginger & Saffron Prawn Linguine £14.75

Pan cooked king prawns tossed through linguine in a fresh and vibrant ginger & saffron sauce.

Why not add Garlic Bread? £3.10

Vegetarian

DF **Vegetable Stir Fry** £11.25

Fresh vegetables stir fried with noodles in a vibrant oriental sauce

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

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

ASK FOR V 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

ASK FOR V ASK FOR VEGAN GF/GLUTEN FREE DF/DAIRY FREE ASK FOR GF/DF ASK FOR GLUTEN/DAIRY FREE