



Menu

Starters or light snacks

Mixed antipasti bowl (GF) (Ve) – take the edge off!	3.95
Chef's homemade soup of the day with bread (V) (GFwc) (Vewc)	6.75
Classic prawn cocktail (GF)	7.95
Creamy garlic mushrooms on toast (Vewc) (GFww)	7.95
Homemade Middle Eastern falafels with sweet chilli sauce (Ve) (GF)	7.25
Homemade duck liver and brandy pate with red onion jam and croutes (GFwc)	7.50
Baked Camembert with roasted garlic, cranberry sauce and toast (V) (GFwc) Great to share!	9.50
Pea and mushroom risotto (V) (GF) (Vewc)	Starter: 7.25 Main course 13.50

Main courses

Welsh beef steak with roast tomato, garlic mushrooms and chips (Approx 8oz uncooked) Rump 16.95 Sirloin 19.95	
Homemade Peppercorn OR Blue Cheese sauce	2.50
* Beer battered North Atlantic haddock (GF) OR battered halloumi (V) (GF) OR battered Mushrooms (GF) (Ve) with chips, garden peas and homemade tartare sauce (GF)	14.95
Gressingham duck breast (served pink) with Lyonnaise potatoes, green beans and red wine plum sauce (GF)	18.95
Crispy free range belly pork with sausage stuffed apple, roast onion, Hasselback potato and cider sauce (GF)	18.50
Slow braised lamb shank with minted mash, braised red cabbage, carrot and swede mash and lamb gravy (GF)	18.95
Honey baked ham with sauteed potatoes, peas and honey mustard sauce (GF)	12.95
* Homemade meat or vegan pot pie of the day with your choice of potatoes and peas (GF with savoury top)	14.50
* Roast of the day OR homemade nut roast with roast potatoes, Yorkshire pudding, vegetables and gravy	15.95
* Wholetail scampi with chips, peas and homemade tartare sauce	13.95
* Pork sausages OR Glamorgan sausages (V) OR homemade vegan sausages (GF) (Ve), with mash, braised red cabbage and gravy or vegan gravy (GF)	12.50
Free range chicken breast wrapped in bacon, stuffed with either Cheddar or Blue Cheese, with sauteed potatoes, broccoli, and Mediterranean tomato sauce (GF)	15.95
Fish of the day (GF)	15.95
* Griddled aubergine with sauteed potatoes and Mediterranean tomato sauce topped with melted Cheddar (V) (GF)	14.95
* Homemade pork and chorizo meatballs (GF) OR mushroom, sweet potato and butternut squash 'meatballs' (Ve) (GF) with Mediterranean tomato sauce and spaghetti (GF pasta available)	10.95
* Spaghetti with Mediterranean tomato sauce (Ve) (GF pasta available)	8.95
Homemade Navigation beef burger (GF) OR homemade Navigation vegan burger (GF) on brioche bun, topped with tomato, gherkin and lettuce with chips and burger sauce (GFww) or vegan mayonnaise	
	4oz 9.50 8oz 12.50
	Add Cheddar or Blue Cheese 1.00 Add bacon 1.00

Items with * can be done as smaller portion at 3.00 less

(V) Vegetarian, (Ve) Vegan, (GF) Gluten free, (Vewc) Vegan without cream, (GFwc) Gluten free with crackers, (GFVeww) Gluten free and vegan with GF wrap), (GFww) GF with wrap