THE NAVIGATION INN
Canalside country pub and restaurant

Evening Menu

Starters or light snacks

Mixed antipasti bowl (GF) (Ve) – take the edge off!	4.75
Chef's homemade soup of the day - with bread (V) (GFwc)	6.95
Classic prawn cocktail (GF)	8.50
Duck liver and brandy parfait with red onion jam and croutes (GFwc)	8.50
Battered free range chicken bites (GF) **OR** courgettes (GF) (Ve) with homemade sweet and sour sauce (GF) (Ve)	7.75
Creamy garlic mushrooms on toast (Vewc) (GFww)	7.95
Baked Camembert with roasted garlic, cranberry sauce and toast (V) (GFwc) Great to share!	12.50
Pea and mushroom risotto (V) (GF) (Vewc)	8.95

Main courses

Welsh beef steak with roast tomato, garlic mushrooms and chips (Approx 8oz uncooked)	Rump 21.95	Sirloin	26.95
Homemade Peppercorn **OR** Blue Cheese sauce	2.50		
Free range chicken breast, stuffed with Cheddar or blue cheese, with sauteed potatoes, broccoli and Mediterranean tomato sauce (GF)			19.95
Fish of the day			19.95
Slow braised lamb shank on minted mash with slow cooked red cabbage and carrot and swede mash (GF)			21.95
Pan fried 5 spice duck breast with sauteed potatoes, garlic roasted cherry vine tomatoes and ginger honey sauce (GF)			21.95
* 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)			17.95
* Homemade meat pot pie of the day with your choice of potatoes and peas (GF with savoury top)			16.75
Baked field mushroom filled with Mediterranean tomato sauce and topped with Mozzarella / vegan cheese, served with sauteed potatoes and broccoli (GF)			16.50
* Roast of the day **OR** homemade nut roast (GF) (Ve) (N) - with roast potatoes, Yorkshire pudding (GF), seasonal vegetables and gravy (GF)			17.95
* Wholetail scampi with chips, peas and homemade tartare sauce			14.95
* Pork sausages **OR** Glamorgan sausages (V) **OR** homemade vegan sausages (GF) (Ve), with mash, braised red cabbage and gravy or vegan gravy (GF)			14.95
Pea and mushroom risotto (V) (GF) (Vewc)			15.95
* 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)			12.95
* Spaghetti with Mediterranean tomato sauce (Ve) (GF pasta available)			9.95
Homemade Navigation steak 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 10.95		8oz 14.95
	Add Cheddar or Blue Cheese 1.50		Add bacon 1.50

Items with * can be served 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

10% discretionary service charge will be added to all bills

If you have a food allergy or intolerance, please speak to the staff about the ingredients in your food before you order. They will be happy to help you. Please note that whilst the greatest care is taken, we do not operate a sterile kitchen environment and cross contamination may occur.