Lunch Menu

Served 12.00 – 1.30pm

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) (Vewc)	6.95
Classic prawn cocktail (GF)	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
Pea and mushroom risotto (V) (GF) (Vewc) *Starter:* 8.95 Main course	15.95

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	
* 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
* Baked ham with sauteed potatoes, peas and honey mustard cream sauce (GF)	13.95
* Homemade meat or vegan pot pie of the day with your choice of potatoes and peas (GF with savoury top)	16.75
* Roast of the day **OR** homemade nut roast with roast potatoes, Yorkshire pudding, vegetables and gravy	17.95
* Wholetail scampi with chips, peas and homemade tartare sauce	14.95
* Pork sausages **OR** homemade Glamorgan sausages (V) **OR** homemade vegan sausages (GF) (Ve), with mash, braised red cabbage and gravy or vegan gravy (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)	12.95
* Spaghetti with Mediterranean tomato sauce (Ve) (GF pasta available)	9.95
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 10.95 8oz	14.95
Add Cheddar or Blue Cheese 1.50 Add bacon	1.50

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

Sandwiches

We are pleased to offer a selection of sandwiches for your enjoyment. All sandwiches are served with a small salad and crisps
Sandwiches are available on **white or wholemeal bread or gluten free wrap**

Welsh steak sandwich (served pink or not pink) with fried onions	10.95
Pork sausage (GF) OR homemade vegan sausage (Ve) (GF) with apple and wholegrain mustard	8.50
Organic peanut butter and jam (V) (Ve)	6.95
Prawn with Marie Rose sauce and cucumber	8.95
Honey baked ham with salad and home-made piccalilli	8.25
Mature Cheddar cheese with red onion jam (V)	7.95
Honey baked ham with Mature Cheddar and piccalilli	9.25
Roast meat of the day	9.95

(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

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.