



THE POTTED LOBSTER

EST. 2021

GLUTEN-FREE

Nibbles

Gordal Olives (v) ... £5.50

Marcona Almonds ... £5.50

Padron Peppers ... £5.50

Menai Oysters with Mignonette sauce and dill ... £4.00 each

Starters

The Potted Lobster - local lobster, brown shrimp, white crab, smoked salmon, lemon & dill butter, gluten-free bread ... £17

Beef Carpaccio - pepper crusted beef fillet, horseradish, rocket, parmesan ... £16

Seared Scallops with lobster bisque, samphire, chorizo ... £16

Moules Mariniere - mussels cooked in white wine cream with leeks and pancetta, gluten-free bread ... £13

Mains

Locally Caught Lobster baked with garlic butter and served with fries, aioli and rocket salad
Half ... Market Price | Full ... Market Price

Whole Sole with caper beurre noisette, clams, monksbeard, fondant potato, tenderstem ... £28

Grilled Sea Bream with fondant potato, nduja and garlic cream, wilted spinach, baby leeks ... £26

Seafood Pasta (gluten-free) with king prawns, crab, mussels, chilli, herbs, garlic, white wine & cream sauce, truffle oil, parmesan ... £26
+ Half Lobster ... Market Price

Moules & Frites - mussels cooked in white wine, garlic, smoked pancetta, leeks and cream, fries, gluten-free bread ... £24

Welsh Lamb Rump with crispy polenta, black truffle, olive tapenade, shallot purée, baby leeks, port jus ... £32

Welsh Beef Short Rib - slow cooked for 6 hours and served with mash, carrots, cavalo nero, thyme jus ... £28

Chicken Ballotine - wrapped in prosciutto, stuffed with wild mushrooms, nduja, white wine and garlic cream sauce, fondant potato, vegetables ... £25

10oz Welsh Rib Eye Steak ... £38 | 8oz Welsh Fillet Steak ... £45

Tomato, field mushroom, chunky chips, rocket salad
+ Peppercorn sauce £3 | + Perl Las cream sauce £3 | + Half a lobster (Market Price)
+ King prawns cooked in garlic butter £10

Sweet Potato Falafel - Thai yellow curry, pak choi, coconut rice (ve) ... £21

FOOD ALLERGIES & INTOLERANCES:

BEFORE ORDERING, PLEASE SPEAK TO OUR STAFF ABOUT YOUR DIETARY REQUIREMENTS



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Sides

Truffle & Parmesan Chips (v) £5.50 | Fries (v) £4.50 | Hand Cut Chips (v) £4.50
Garden Salad (v) £4.50 | Tenderstem Broccoli (v) £5 | Creamy Mash (v) £4.50

Dessert

White chocolate and Baileys crème brûlée ... £10

Affogato, vanilla ice cream, espresso, amaretto ... £10

Ice Cream and Sorbets: Strawberry & Prosecco Sorbet / Salted Caramel Ice Cream /
Vanilla Ice Cream / Strawberries & Cream / Raspberry Sorbet
1 scoop ... £3.50 | 2 scoops ... £4.50 | 3 scoops ... £6

Kids

Half a grilled local lobster, fries & salad ... Market Price

4oz Sirloin steak, fries & peas or beans ... £14

Pasta (gluten-free), tomato sauce, parmesan (v) ... £8.50
- Add prawns ... £10

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