



# THE POTTED LOBSTER

EST. 2021

GLUTEN FREE

## *Nibbles*

Oysters, Mignonette Sauce, Dill ... £4.00 each

Gordal Olives (vg) ... £6

## *Starters*

The Potted Lobster: Lobster, Brown Shrimp, White Crab, Lemon, Crème Fraiche, Fresh Herbs, Rocket, Gluten Free Bread ... £17

Pan Seared Scallops, Boudin Noir, Beurre Blanc ... £16

Moules Marinere with White Wine, Garlic & Cream, Gluten Free Bread ... £14

## *Mains*

Whole Fish Of The Day, Lemon Butter, Seasonal Greens ... Market Price

Cauliflower Steak, Harissa Dressing, Crispy Chilli Oil, Pak Choi, Fondant Potato (vg) ... £19

Arrabbiata Linguine: Confit Tomatoes, Roasted Red Pepper, Garlic, Chilli, White Wine, Basil, Spinach, Chive Oil (vg) ... £18 + Chicken ... £10

Roast Monkfish on the Bone, Smoked Pancetta & Leek Velouté, Potato Fondant, Braised Fennel ... £32

Chicken Supreme Miso Butter Sauce, Sweetcorn Puree, Popcorn Shoots, Oyster Mushrooms ... £28

Welsh Lamb Rump Caramelised Onion Potato Terrine, Charred Leeks, Leek Puree, Lamb Jus ... £35

Braised Welsh Ox Cheek Confit Roscoff Onion, Treacle Glazed Carrots, Creamy Mustard Mash, Red Wine Jus ... £30

10oz Welsh Rib Eye Steak, Chunky Chips, Rocket Salad, Garlic Butter, Field Mushroom, Confit Tomato ... £38

8oz Welsh Fillet Steak, Chunky Chips, Rocket Salad, Garlic Butter, Field Mushroom, Confit Tomato ... £46

Steak Optional Extras:

Blue Cheese Sauce ... £3, King Prawns in Garlic Butter ... £10

## *Sides*

Tenderstem Broccoli in Harissa Dressing (v) £5 | Honey & Mustard Glazed Baby Carrots (v) £5

Truffle & Parmesan Fries £5.50 | Fries (vg) £5 | Chunky Chips (vg) £5

Rocket & Parmesan Salad £5 | Creamy Mashed Potatoes £5



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## *Desserts*

Salted Caramel Brownie, Miso Caramel Sauce, Vanilla Ice Cream, Honeycomb (vg) ... £9.50

Affogato: Vanilla Ice Cream, Amaretto, Espresso ... £10

Sorbets: Strawberry & Prosecco | Cherry

Ice Creams: Vanilla Pod | Strawberries & Cream | Salted Caramel

1 scoop ... £3.50

2 scoops ... £5.00

3 scoops ... £6.50

## *Childrens Menu*

Half a Grilled Local Lobster, Fries & Salad ... Market Price

Pan-Fried Chicken Strips, Fries, Garden Peas ... £12

Welsh Pork Sausages, Creamy Mash, Tenderstem, Gravy ... £12

Gluten Free Penne Pasta, Bolognese, Parmesan ... £12

## *Childrens Desserts*

Gluten Free Chocolate Brownie with vanilla ice cream ... £8

Ice cream & Sorbets:

Vanilla | Strawberry | Salted Caramel | Cherry Sorbet

1 scoop ... £3.50

2 scoops ... £5.00

3 scoops ... £6.50