



# *The Meadows Bar & Restaurant*

## **LUNCHTIME RESTAURANT & BAR SNACKS MENU**

**THE MEADOWS RESTAURANT**  
PUBLIC BAR & RESTAURANT AT  
**GREENMEADOW GOLF & COUNTRY CLUB**  
TREHERBERT ROAD  
CROESYCEILIOG  
CWMBRAN  
TORFAEN  
NP44 2BZ

**RESTAURANT RESERVATIONS**  
**01633 869321**

**E-MAIL: [INFO@GREENMEADOWGOLF.COM](mailto:info@greenmeadowgolf.com)**  
**WEBSITE: [WWW.GREENMEADOWGOLF.COM](http://www.greenmeadowgolf.com)**

# LUNCHTIME RESTAURANT & BAR SNACKS MENU

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## FIRST COURSE ~ CWRS CYNTAF

**CHEESY GARLIC BREAD** £3.45

THREE SLICES OF GARLIC BREAD WITH ROASTED WELSH CHEESE TOPPING

**SOUP OF THE DAY** £4.50

CHEF'S SOUP OF THE DAY SERVED WITH A CRUSTY ROLL AND BUTTER

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## MAIN COURSE ~ PRIFGWRS

**VEGGIE BURGER** PLAIN £3.75 WITH CHEESE £4.50

SERVED WITH FRIED ONIONS, GARNISH AND HOMEMADE COLESLAW

**6OZ BEEF BURGER** PLAIN £4.25 WITH CHEESE £5.00

6OZ PRIME BEEF BURGER SERVED WITH FRIED ONIONS, GARNISH AND HOMEMADE COLESLAW

**DOUBLE DECKER** £5.45

CHEF'S SPECIAL! THREE SLICES OF TOASTED BREAD, SANDWICHED WITH WELSH CHEDDAR CHEESE, BACON, GRILLED TOMATOES, TOPPED OFF WITH AN EGG AND SERVED WITH GARNISH & HOMEMADE COLESLAW

**SAUSAGE, EGG, BEANS AND CHIPS** £5.45

TWO SAUSAGES WITH A FRIED EGG, BAKED BEANS AND CHIPS

**FULL CLUBHOUSE BREAKFAST** £5.95

WELSH SAUSAGE, BACON, BAKED BEANS, FRIED EGG, SAUTÉ POTATOES, BLACK PUDDING AND EITHER FRIED BREAD OR TOAST

**HAM, EGG AND CHIPS** £8.75

HOME-BREADED HAM WITH A FRIED EGG, CHIPS AND PETIT POIS

**WHOLETAIL SCAMPI** £8.95

BREADED AND DEEP FRIED, COMPLIMENTED WITH A TARTARE SAUCE DIP AND BROWN BREAD AND BUTTER

**VEGETABLE LASAGNE – VEGETARIAN OPTION** £9.25

LAYERS OF SPINACH PASTA FILLED WITH VEGETABLES IN A TOMATO SAUCE, TOPPED WITH A BASIL SAUCE AND VEGETARIAN CHEESE

**LASAGNE VERDE** £9.95

AUTHENTIC ITALIAN DISH MADE WITH 100% BEEF AND TOPPED OFF WITH GRILLED WELSH CHEDDAR CHEESE

**BREADED PLAICE** £10.75

A 10 OZ PLAICE COATED IN BREADCRUMBS AND DEEP FRIED, SERVED WITH TARTARE SAUCE AND LEMON WEDGE

THE ABOVE MEALS ARE SERVED WITH PETIT POIS AND EITHER FRESH SALAD, BAKED POTATO OR CHIPS

**CHICKEN CURRY** £10.95

DICED BREAST OF CHICKEN IN A MILD CURRY SAUCE

CURRIES ARE SERVED WITH EITHER RICE, CHIPS OR 1/2 & 1/2

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## BASKET MEALS

**BASKET OF CHIPS** £3.00

**BASKET OF SKINNY FRIES** £3.50

**BASKET OF CURLY FRIES** £3.95

**ADD CHEESE ON TOP** £0.80

## SIDE DISHES

**MINI NAAN BREAD** £0.80

**POPPADOMS** £0.80

**3 SLICES OF GARLIC BREAD** £2.45

**ONION RINGS** £2.95

## BAKED JACKET POTATOES

MANY FILLINGS AVAILABLE, I.E., BEANS, CHEESE, COLESLAW, BACON, TUNA ETC.

SINGLE FILLING	£4.50
EXTRA FILLING	£0.80
CHICKEN CURRY FILLING	£5.90
SMOKED SALMON & CREAM CHEESE	£5.90
PRAWN FILLING	£5.90

SERVED WITH EITHER MAYONNAISE OR SEAFOOD SAUCE

JACKET POTATOES ARE FRESHLY MADE AND SERVED WITH GARNISH AND HOMEMADE COLESLAW.

## FRESHLY BAKED BAGUETTES

MANY FILLINGS AVAILABLE, I.E., HAM, BACON, SAUSAGE, CHEESE, TUNA ETC.

SINGLE FILLING	£4.50
EXTRA FILLING	£0.80
STEAK & ONION	£5.90
SMOKED SALMON & CREAM CHEESE	£5.90
PRAWN FILLING	£5.90

SERVED WITH EITHER MAYONNAISE OR SEAFOOD SAUCE

BAGUETTES ARE FRESHLY MADE AND SERVED WITH GARNISH AND HOMEMADE COLESLAW.

## FRESHLY MADE SANDWICHES & TOASTIES

WHITE, BROWN OR GLUTEN FREE BREAD  
MANY FILLINGS AVAILABLE, I.E. HAM, BACON, SAUSAGE, CHEESE, TUNA ETC.

SANDWICH SINGLE FILLING	£3.65
EXTRA FILLING	£0.80
STEAK & ONION SANDWICH	£4.90
PRAWN FILLING	£4.90

SERVED WITH EITHER MAYONNAISE OR SEAFOOD SAUCE

TOASTIE SINGLE FILLING	£4.25
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## FRESHLY MADE PANINIS

NIGELLA AND SESAME SEED PANINI  
MANY FILLINGS AVAILABLE, I.E. CHICKEN, HAM, BACON, CHEESE, TUNA ETC.

**TUNA MAYO, TUNA & CHEESE, CHEESE & PICKLE, OR HAM & CHEESE**  
£3.95 EACH

EXTRA FILLING	£0.80
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**STEAK & CHEESE, CHICKEN, BACON & TOMATO, CHICKEN, CHEESE & BBQ SAUCE, OR CHICKEN, BACON & BBQ SAUCE**  
£5.50 EACH

ALL THE ABOVE ARE FRESHLY MADE AND SERVED WITH GARNISH AND HOMEMADE COLESLAW.

## SWEETS ~ MELYSFWD

 **MARIO'S LUXURY WELSH ICE CREAMS & DESSERTS**  
AVAILABLE, ASK TO SEE THE MENU.

### SELECTION OF SWEETS

£4.95

PLEASE ASK OUR WAITERING STAFF ON THE DAY FOR CHOICES, SWEETS ARE SERVED WITH EITHER FRESH DOUBLE CREAM, DEVONSHIRE CUSTARD OR VANILLA ICE CREAM

FINISH OFF YOUR MEAL WITH ONE OF OUR MANY BEVERAGES,  
PLEASE SEE REVERSE.

 ~ WELSH SPECIALITIES



## BEVERAGES

POT OF TEA & BISCUIT	£1.95
FRESHLY GROUNDED BEAN COFFEE & BISCUIT	£2.65
CAPPUCCINO, LATTE MACCHIATO, CAFÉ AU LAIT, ESPRESSO	£2.65
HOT CHOCOLATE	£2.65
FLOATER COFFEE	£3.25
LIQUEUR COFFEE WITH EITHER BRANDY, TIA MARIA, BAILEYS OR WHISKEY	£5.45

SELECTION OF **TWININGS**<sup>™</sup> OF LONDON FLAVOURED TEA'S AVAILABLE  
PLEASE ASK OUR WAITERING STAFF FOR MORE DETAILS.

### ALLERGEN DISCLAIMER:

We monitor the presence of all allergens in all of our products; however, we cannot guarantee that any items are free from traces of these ingredients. In our kitchens we do prepare products containing all allergens and unfortunately cross contamination can occur. There is a allergen list available, please ask a member of staff if you wish to view. Please note we use GM Vegetable Cooking oil.

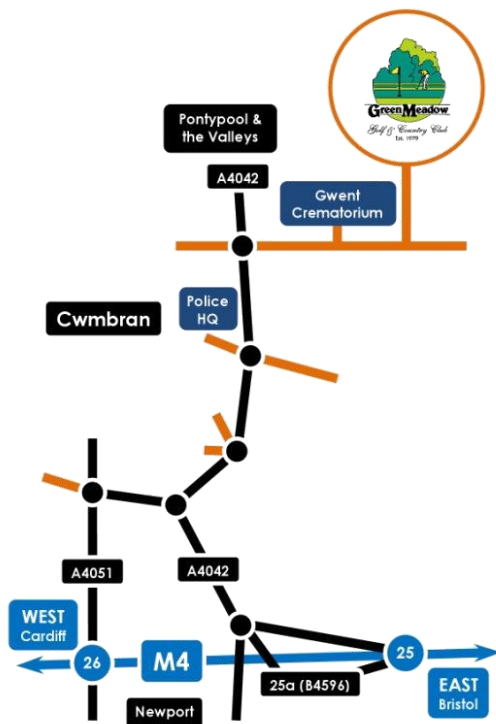
## RESTAURANT OPEN 6 DAYS A WEEK, AND SERVING TRADITIONAL ROAST ON SUNDAYS.

*All prices include V.A.T.*

*Gratuities are at the customer's discretion.*

*All meals are subject to availability.*

### HOW TO FIND US



We are situated just off the Croesyceiliog bypass on the A4042, and only 5 miles North bound from Junction 26 on the M4 from Cardiff, or Junction 25A from the Bristol Area. We are easily accessible from the Valleys and Northern area.

Ample parking is provided for cars and coaches.

### WE ACCEPT CREDIT & DEBIT CARDS

WE DO NOT ACCEPT AMERICAN EXPRESS



*We hope that you enjoy your visit to  
The Meadows Bar & Restaurant at  
GreenMeadow Golf & Country Club.*

*We can cater for the following:*

- Wedding Receptions
- Christening Parties
- Banquets / Restaurant Meals / Bar Meals
- Afternoon Cream Teas
- Conferences
- Presentation Evenings
- Sunday Lunch
- After Funeral Refreshments

*On our Lower Level there is a fully stocked Golf Shop  
and a Gymnasium*

OPEN TO THE PUBLIC 7 DAYS A WEEK.

