



The Meadows Bar & Restaurant

EVENING RESTAURANT MENU

A place for all seasons

FAMILY RUN BUSINESS, ESTABLISHED IN 1979

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
WEBSITE: WWW.GREENMEADOWGOLF.COM

EVENING RESTAURANT MENU

FIRST COURSE ~ CWRS CYNTAF

CHEESY GARLIC BREAD	£3.45
THREE SLICES OF GARLIC BREAD WITH ROASTED CHEDDAR CHEESE	
GOATS CHEESE TART	£4.25
SHORT CRUST PASTRY FILLED WITH GOATS CHEESE SERVED WITH ROCKET AND A RED ONION MARMALADE	
SALMON FISHCAKE	£4.25
SALMON FISHCAKE SERVED WITH A SALAD GARNISH AND LEMON WEDGE	
CHEF'S SOUP OF THE DAY	£4.25
CHEF'S SOUP OF THE DAY SERVED WITH A CRUSTY ROLL AND BUTTER	

MAIN COURSES ~ PRIFGWRS FROM THE GRILL

GAMMON STEAK	£12.25
12OZ GAMMON STEAK SERVED WITH FRIED EGG AND PINEAPPLE	
RIB EYE STEAK	£17.25
8OZ CELTIC PRIDE RIB EYE STEAK, SERVED WITH PAN FRIED MUSHROOMS, ONION RINGS AND ROAST CHERRY TOMATOES	
T-BONE STEAK	£22.95
16OZ CELTIC PRIDE T-BONE STEAK SERVED WITH PAN FRIED MUSHROOMS, ONION RINGS AND ROAST CHERRY TOMATOES	
DIANE, PEPPER OR BBQ SAUCES TO COMPLIMENT YOUR STEAK	£2.75

OTHER MAIN COURSES

LASAGNE VERDE	£10.50
AUTHENTIC ITALIAN DISH MADE WITH 100% BEEF AND TOPPED OFF WITH GRILLED WELSH CHEDDAR CHEESE	
STEAK & ALE PIE	£11.95
HOMEMADE STEAK & ALE PIE USING WELSH BEEF SIMMERED IN WELSH ALE GRAVY AND SEASONING, TOPPED WITH A PUFF PASTRY LID.	
SHEPHERD'S PIE	£11.95
HOMEMADE SHEPHERD'S PIE USING WELSH LAMB MINCE IN A RICH GRAVY WITH A MASHED POTATO AND GRILLED WELSH CHEESE TOPPING.	
SPINACH AND CHEDDAR STUFFED CHICKEN	£11.95
TENDER CHICKEN BREAST STUFFED WITH SPINACH AND CHEDDAR CHEESE SERVED WITH FRESH VEGETABLES AND A WHITE WINE SAUCE	

FROM THE SEA

BREADED PLAICE	£10.75
A 10 OZ PLAICE COATED IN BREADCRUMBS AND DEEP FRIED, SERVED WITH TARTARE SAUCE AND LEMON WEDGE	
PAN FRIED SALMON	£14.75
8OZ SALMON FILLET PAN FRIED WITH SPRING ONION SERVED WITH MASHED POTATO AND ROAST CHERRY TOMATOES	

AUTHENTIC CURRY DISHES

CHICKEN CURRY			£10.95
TENDER STRIPS OF CHICKEN BREAST IN A MILDLY SPICED SAUCE			
CHICKEN TIKKA MASALA			£10.95
TENDER PIECES OF CHICKEN BREAST COOKED WITH LEMON, SPICES, COCONUT AND CREAM TO CREATE A SPICY CREAM WITH A SWEET AND SOUR TASTE			
SPINACH AND CHICK PEA CURRY (VEGAN & GLUTEN FREE)			£11.95
CHUCKY SWEET POTATO WITH SPINACH AND CHICK PEAS IN A RICH COCONUT SAUCE			
CURRIES ARE WITH EITHER RICE, CHIPS OR 1/2 & 1/2			
MINI NAAN BREAD	£0.80	POPPADOMS	£0.80

VEGETARIAN CHOICE

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			
BROCCOLI & CREAM CHEESE BAKE			£9.95
BROCCOLI FLORETS IN A CREAMY SAUCE, TOPPED WITH SLICED POTATO AND CHEESE			
WILD MUSHROOM TAGLIATELLE			£9.95
TAGLIATELLE PASTA WITH WILD MUSHROOM IN A WHITE WINE SAUCE			

SIDE DISHES

THREE SLICES OF GARLIC BREAD	£2.45	BOWL OF ONION RINGS	£2.95
SALAD BOWL	£2.95	BOWL OF CHIPS	£3.25
BOWL OF PAN FRIED MUSHROOMS	£2.95		

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			
LEMON SORBET			£2.60
PEACH MELBA OR PINEAPPLE MELBA			£4.95
KNICKERBOCKER GLORY			£5.50
CHEESE & BISCUITS	SELECTION OF WELSH AND TRADITIONAL CHEESES		£4.95

**ASK A MEMBER OF OUR WAITERING STAFF FOR VEGAN AND GLUTEN FREE OPTIONS
FINISH OFF YOUR MEAL WITH ONE OF OUR MANY BEVERAGES, PLEASE SEE REVERSE.**

MAIN COURSES SERVED IN THE EVENING MAY BE SERVED WITH TUREENS OF FRESH VEGETABLES.



BEVERAGES

POT OF TEA & BISCUIT	£1.95
HOT CHOCOLATE	£2.65
FRESHLY GROUNDED BEAN COFFEE & BISCUIT	£2.95
CAPPUCCINO, LATTE MACCHIATO, CAFÉ AU LAIT, ESPRESSO	£2.95
FLOATER COFFEE	£3.45
LIQUEUR COFFEE WITH EITHER BRANDY, TIA MARIA, BAILEYS OR WHISKEY	£5.65

SELECTION OF **TWININGS**[™] 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.

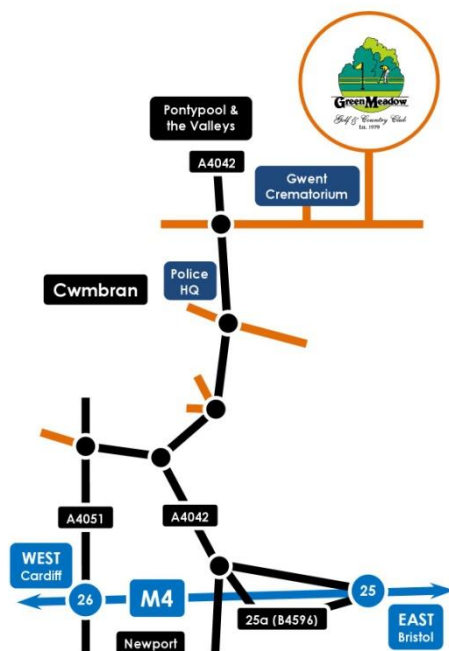
**RESTAURANT OPEN 6 DAYS A WEEK,
AND SERVING TRADITIONAL ROAST ON SUNDAYS.**

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.

