



# *The Meadows Bar & Restaurant*

## **LUNCHTIME RESTAURANT & BAR SNACKS 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](mailto:INFO@GREENMEADOWGOLF.COM)

WEBSITE: [WWW.GREENMEADOWGOLF.COM](http://WWW.GREENMEADOWGOLF.COM)

**11/01/20**

# LUNCHTIME RESTAURANT & BAR SNACKS MENU

## FIRST COURSE ~ CWRS CYNTAF

<b>CHEESY GARLIC BREAD</b>	<b>£3.55</b>
THREE SLICES OF GARLIC BREAD WITH ROASTED WELSH CHEESE TOPPING	
<b>SOUP OF THE DAY</b>	<b>£4.50</b>
CHEF'S SOUP OF THE DAY SERVED WITH A CRUSTY ROLL AND BUTTER	

## MAIN COURSE ~ PRIFGWRS

<b>VEGGIE BURGER</b>	<b>PLAIN £6.50</b>	<b>WITH CHEESE £7.05</b>
<b>OR VEGAN BURGER &amp; VEGAN CHEESE - PLEASE ASK MEMBER OF STAFF</b>		
SERVED WITH FRIED ONIONS, GARNISH AND HOMEMADE COLESRAW CAN BE MADE WITH VEGAN MAYO – PLEASE ASK		

<b>6OZ BEEF BURGER</b>	<b>PLAIN £6.95</b>	<b>WITH CHEESE £7.50</b>
6OZ PRIME BEEF BURGER SERVED WITH FRIED ONIONS, GARNISH AND HOMEMADE COLESRAW		

<b>DOUBLE DECKER</b>	<b>£5.95</b>
<b>CHEF'S SPECIAL!</b> THREE SLICES OF TOASTED BREAD, SANDWICHED WITH WELSH CHEDDAR CHEESE, BACON, GRILLED TOMATOES, TOPPED OFF WITH AN EGG AND SERVED WITH GARNISH & HOMEMADE COLESRAW	

<b>SAUSAGE, EGG, BEANS AND CHIPS OR VEGETARIAN SAUSAGE OPTION</b>	<b>£6.50</b>
TWO SAUSAGES WITH 2 FRIED EGGS, BAKED BEANS AND CHIPS	

<b>GREENMEADOW'S MINI MIXED GRILL</b>	<b>£6.95</b>
6OZ PRIME BEEF BURGER, WELSH SAUSAGE, BACON WITH FRIED EGG, BEANS AND CHIPS	

<b>FULL CLUBHOUSE BREAKFAST</b>	<b>£7.50</b>
WELSH SAUSAGE, BACON, BAKED BEANS ,2 FRIED EGGS, SAUTÉ POTATOES, BLACK PUDDING AND EITHER FRIED BREAD OR TOAST WITH A MUG OF TEA OR COFFEE	

<b>HAM, EGG AND CHIPS</b>	<b>£7.50</b>
HOME-BREADED HAM WITH 2 FRIED EGGS, CHIPS AND PETIT POIS	

**THE BELOW MEALS ARE INCLUDED WITH EITHER SALAD, CHIPS, JACKET POTATO OR NEW POTATOES**

<b>WHOLETAIL SCAMPI</b>	<b>£9.75</b>
BREADED AND DEEP FRIED, COMPLIMENTED WITH A TARTARE SAUCE DIP AND BROWN BREAD AND BUTTER	

<b>VEGETABLE LASAGNE – VEGETARIAN OPTION</b>	<b>£10.75</b>
LAYERS OF SPINACH PASTA FILLED WITH VEGETABLES IN A TOMATO SAUCE, TOPPED WITH A BASIL SAUCE AND VEGETARIAN CHEESE	

<b>LASAGNE VERDE</b>	<b>£11.25</b>
AUTHENTIC ITALIAN DISH MADE WITH 100% BEEF AND TOPPED OFF WITH GRILLED WELSH CHEDDAR CHEESE	

<b>HAND WELSH BEER BATTERED COD</b>	<b>£12.75</b>
10OZ HAND BATTERED COD DEEP FRIED, SERVED WITH TARTARE SAUCE AND LEMON WEDGE	

<b>STEAK &amp; ALE PIE</b>	<b>£12.95</b>
HOMEMADE STEAK & ALE PIE USING WELSH BEEF SIMMERED IN WELSH ALE GRAVY AND SEASONING, TOPPED WITH A SHORT CRUST PASTRY LID	

<b>SPINACH &amp; CHICK PEA CURRY – VEGAN &amp; G/FREE</b>	<b>£10.95</b>
A MIXTURE OF SPINACH AND CHICK PEAS IN A MILD CURRY SAUCE.	

<b>CHICKEN CURRY</b>	<b>£11.25</b>
DICED BREAST OF CHICKEN IN A MILD CURRY SAUCE	

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

## BASKET MEALS

BASKET OF CHIPS	£3.25
BASKET OF SKINNY FRIES	£3.60
BASKET OF CURLY FRIES	£4.15
ADD CHEESE ON TOP	£0.90

## SIDE DISHES

MINI NAAN BREAD	£1.50
POPPADOMS	£0.90
3 SLICES OF GARLIC BREAD	£2.65
SALAD BOWL	£2.95
BOWL OF ONION RINGS	£2.95
PAN FRIED MUSHROOMS	£2.95

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

### BAKED JACKET POTATOES

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

SINGLE FILLING	£5.50
EXTRA FILLING	£0.90
CHICKEN CURRY FILLING	£6.90
PRAWN FILLING	£6.90

SERVED WITH EITHER MAYONNAISE OR SEAFOOD SAUCE  
DAIRY FREE SPREAD AVAILABLE

### FRESHLY BAKED BAGUETTES

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

SINGLE FILLING	£4.65
EXTRA FILLING	£0.90
STEAK & ONION	£6.25
PRAWN FILLING	£6.25

SERVED WITH EITHER MAYONNAISE OR SEAFOOD SAUCE

### 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	£0.90
STEAK & ONION SANDWICH	£5.50
PRAWN FILLING	£5.95

SERVED WITH EITHER MAYONNAISE OR SEAFOOD SAUCE

TOASTIE SINGLE FILLING FROM £4.25

### 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  
£4.55 EACH

EXTRA FILLING £0.90

STEAK & CHEESE,  
CHICKEN, BACON & TOMATO,  
CHICKEN, CHEESE & BBQ SAUCE,  
OR CHICKEN, BACON & BBQ SAUCE  
£6.20 EACH

## 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.



# BEVERAGES

POT OF TEA	£2.25
FRESHLY GROUNDED BEAN COFFEE & BISCUIT	£2.95
CAPPUCCINO, LATTE MACCHIATO, CAFÉ AU LAIT, ESPRESSO	£2.95
HOT CHOCOLATE	£2.75
FLOATER COFFEE	£3.45
LIQUEUR COFFEE WITH EITHER BRANDY, TIA MARIA, BAILEYS OR WHISKEY	£5.65
ALL OF THE ABOVE ARE SERVED WITH EITHER BISCUIT OR CHOCOLATE MINT	

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

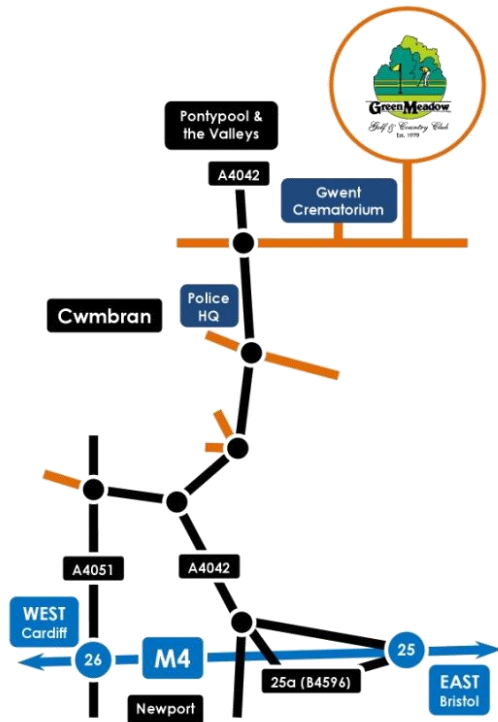
## ALLERGEN DISCLAIMER:

*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

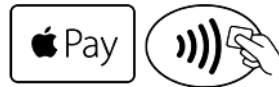


We are situated just off the Croesyceiliog bypass on the A4042, and only 5 miles North bound from Junction 26 on the M4 from Cardiff, or Junction 25A from the Bristol Area. We are easily accessible from the Valleys and Northern area.

Ample parking is provided for cars and coaches.

### WE ACCEPT CREDIT & DEBIT CARD

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.

