



# *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](mailto:INFO@GREENMEADOWGOLF.COM)  
WEBSITE: [WWW.GREENMEADOWGOLF.COM](http://WWW.GREENMEADOWGOLF.COM)

**11/01/20**

# EVENING RESTAURANT MENU

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## FIRST COURSE ~ CWRS CYNTAF

<b>CHEESY GARLIC BREAD</b>	<b>£3.55</b>
THREE SLICES OF GARLIC BREAD WITH ROASTED CHEDDAR CHEESE	
<b>CHICKEN WINGS</b>	<b>£4.40</b>
CHICKEN WINGS SERVED WITH GARNISH & BBQ DIP	
<b>SALT N PEPPER SQUID</b>	<b>£4.75</b>
PIECES OF SQUID DEEP FRIED IN A SALT N PEPPER COATING & GARNISH	
<b>CHEF'S SOUP OF THE DAY</b>	<b>£4.50</b>
CHEF'S SOUP OF THE DAY SERVED WITH A CRUSTY ROLL AND BUTTER	

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## MAIN COURSES ~ PRIFGWRS FROM THE GRILL

<b>GAMMON STEAK</b>	<b>£14.75</b>
12OZ GAMMON STEAK SERVED WITH FRIED EGG AND PINEAPPLE	
<b>RIB EYE STEAK</b>	<b>£19.00</b>
8OZ CELTIC PRIDE RIB EYE STEAK, SERVED WITH PAN FRIED MUSHROOMS, ONION RINGS AND ROAST CHERRY TOMATOES	
<b>SURF N TURF</b>	<b>£21.00</b>
8OZ CELTIC PRIDE RUMP STEAK, SERVED WITH PANKO BREADED PRAWNS AND CHERRY TOMATOES	
<b>DIANE, PEPPER OR BBQ SAUCES TO COMPLIMENT YOUR STEAK</b>	<b>£2.75</b>

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## OTHER MAIN COURSES

<b>LASAGNE VERDE</b>	<b>£11.25</b>
AUTHENTIC ITALIAN DISH MADE WITH 100% BEEF AND TOPPED OFF WITH GRILLED WELSH CHEDDAR CHEESE	
<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>LAMB SHANK</b>	<b>£19.50</b>
A LAMB SHANK IN A RICH RED WINE SAUCE WITH A HINT OF ROSEMARY SERVED WITH MASHED POTATOES & VEGETABLES	
<b>HUNTERS CHICKEN</b>	<b>£11.50</b>
TENDER CHICKEN BREAST WRAPPED IN SMOKED BACON AND SMOTHERED WITH CHEESE AND BBQ SAUCE	

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## FROM THE SEA

<b>HAND WELSH BEER BATTERED COD</b>	<b>£12.75</b>
A 10 OZ COD HAND BEER BATTERED AND DEEP FRIED, SERVED WITH PETIT POIS, TARTARE SAUCE AND LEMON WEDGE	
<b>PAN FRIED SEA BASS</b>	<b>£15.80</b>
SEA BASS FILLETS PAN FRIED WITH LEMON & SPRING ONIONS SERVED WITH MASHED POTATO AND ROASTED CHERRY TOMATOES & PETIT POIS	

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**ALL MAIN MEALS ARE SERVED WITH EITHER CHIPS, SALAD, NEW POTATOES OR VEGETABLES OR JACKET POTATO. UNLESS OTHERWISE STATED.**

## CURRY OPTION

### CHICKEN CURRY

£11.25

TENDER STRIPS OF CHICKEN BREAST IN A MILDLY SPICED CURRY SAUCE  
CURRY IS SERVED WITH EITHER RICE, CHIPS OR 1/2 & 1/2

MINI NAAN BREAD

£1.50

POPPADOMS

£0.90

## VEGETARIAN CHOICE

### VEGETABLE LASAGNE – VEGETARIAN OPTION

£10.75

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

SERVED WITH EITHER CHIPS, SALAD, NEW POTATOES OR JACKET POTATO

### SPINACH & CHICK PEA CURRY — (VEGAN & GLUTEN FREE)

£10.95

A MIX OF SPINACH & CHICK PEAS IN A MILD CURRY SAUCE

### MOROCCAN CHICK PEA AND PUMPKIN SEED TAGINE (VEGAN & GLUTEN FREE)

£10.95

A SLIGHTLY SPICY TAGINE FLAVOURED WITH CHICK PEAS, PUMP SEEDS & RED PEPPERS  
THE ABOVE ARE SERVED WITH EITHER RICE, CHIPS OR 1/2 & 1/2

## SIDE DISHES

THREE SLICES OF GARLIC BREAD

£2.65

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

£2.85

PEACH MELBA OR PINEAPPLE MELBA

£5.50

KNICKERBOCKER GLORY

£5.75

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.**



# BEVERAGES

POT OF TEA & BISCUIT	£2.25
HOT CHOCOLATE	£2.75
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
ALL OF THE ABOVE ARE SERVED WITH EITHER A 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.

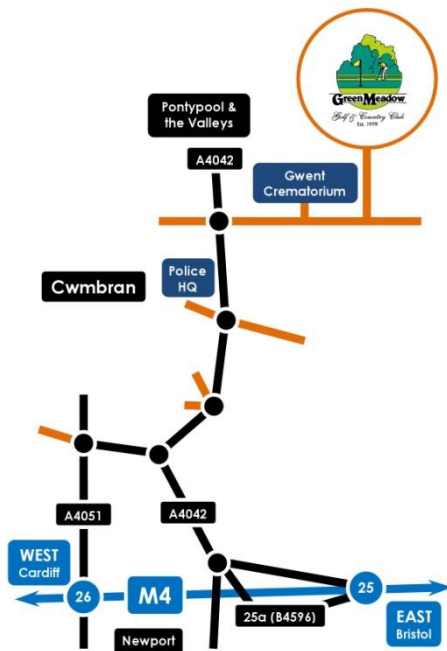
**RESTAURANT OPEN 6 DAYS A WEEK,  
AND SERVING TRADITIONAL ROAST ON SUNDAYS.**

*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 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.**

