

# The Lounge Bar

## FOOD MENU

### ADDITIONAL MENU INFORMATION

We always advise you to speak to a member of staff if you have any food allergies or intolerances. For allergen information please scan this QR or ask a staff member for assistance.

Gluten Free - Where we offer gluten free dishes, controls are in place to ensure that dishes contain no more than 20 parts per million gluten; however, as we handle many allergens in our busy kitchen, we therefore cannot guarantee all traces of allergens are completely removed.

**V** Vegetarian   **VE** Vegan   **GF** Gluten Free   **GFA** Gluten Free adaptable   **VEA** Vegan adaptable

# Breakfast

Mon - Sat | 8am - 12pm

## EGGS £9.95

Eggs Benedict | Eggs Florentine

Avocado and poached egg on toasted bloomer VEA

\*available all day until 5pm

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## BARMS £3.45

Sausage Barm | Egg Barm V | Bacon Barm

add for 75p

black pudding | bacon | egg | sausage | mushrooms | grilled tomato

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## PASTRIES £1.00 V GFA

Croissant | Danish pastry | Pain au chocolat

# Açaí Bowl

Mon - Sat | 8am - 5pm

£12.95

A thick spoonable smoothie made from açai berries, mango, banana and blueberries topped with crunchy granola

CHOOSE YOUR TOPPING:

Mixed berry

Pineapple, kiwi and shredded coconut

Strawberry, blueberry and pistachio

# Smoothies

Mon - Sun | 8am - 10pm

£6.95

Freshly blended to order

Berry Bulk

Mixed berries, banana, whey protein, collagen, almond milk & honey (420 cals)

Strawberry Cheesecake

Strawberries, vanilla whey, Greek yoghurt, milk & oats (460 cals)

Peanut Butter Power

Banana, peanut butter, chocolate whey, oat milk & oats (510 cals)

Tropical Gainz

Mango, pineapple, vanilla whey, collagen & coconut water (390 cals)

Green Machine

Spinach, kiwi, apple, whey isolate & cucumber (320 cals)

# Signature Bowls

Mon - Sat | 12pm - 5pm

## Chicken Tikka Bowl £14.95

Chicken tikka thigh, curried rice, edamame beans, pickled onions & mango

## Salmon Bowl £16.95

Salmon fillet, lemon & chive rice, avocado, cucumber & citrus chilli aioli

## Honey Soy Beef Bowl £17.95

Beef sirloin, rice noodles, julienne carrot, spring onion & chilli

## Steak Rice Box £16.95

Lean steak strips, rice, peppers & onions

## Teriyaki Chicken Rice Box £14.95

Chicken thigh, jasmine rice, teriyaki glaze & seaweed

# Salads & Lighter Bites

Mon - Sat | 12pm - 5pm

## Classic Caesar Salad £10.95 **GFA**

Bacon, baby gem lettuce, chunky croutons, anchovies, parmesan, Caesar dressing

## Greek Salad £10.95 **GF** **VEA**

Mixed olives, feta cheese, cucumber, tomato, red onion, herb oil - Vegan feta available

## Giant Cous Cous £10.95

Mediterranean vegetable, cherry tomato, chimichurri

Add to any salad:

2 Chicken Thighs £5.00 | 8oz Sirloin £8.00 | Seabass Fillet £8.00

## Soup of the Day £6.95

Freshly prepared by our chefs, served with warm bread & butter

# Sandwiches

Mon - Sat | 12pm - 5pm

## Welsh Rarebit £12.95

Snowdonia Welsh cheese, local IPA and mustard on sourdough toast, fried egg and crispy streaky bacon

## Fish Finger Bap £12.95

Hand-battered haddock goujons, baby gem lettuce, tartare sauce, house-seasoned fries

## Cubano Sandwich £14.95

BBQ pulled pork, crispy streaky bacon, American mustard, sliced gherkin, Emmental cheese, house-seasoned fries

## Chicken Tikka Wrap £13.95

Marinated chicken chunks, raita, mango chutney, pickled chilli, house-seasoned fries

## Rump Steak Ciabatta £14.95

Cooked pink, filled with caramelised onions and mushrooms, cheddar cheese and served with fries

## Marian Club Sandwich £13.95

Sliced chicken, bacon, baby gem, tomato, mayonnaise served with fries and house slaw

## Roasted Pepper and Chilli Hummus £12.95 VE GFA

Fire-roasted pepper, crispy chickpeas, rocket, toasted sesame, rosemary and thyme focaccia, house-seasoned fries

# Classic Cold Sandwiches

Mon - Sat | 12pm - 5pm

£8.95

Served on malted wheat or white bloomer  
with pot of coleslaw and salted crisps

BLT bacon, lettuce and tomato, mayonnaise

Roasted red pepper hummus, baby gem, roasted pepper

Roast topside of British Beef, horseradish mayonnaise,  
pickled shallots

Add a bowl of today's soup to any cold sandwich £4.95

# Side Orders

House-Seasoned Fries £3.95

Hand-Cut House-Seasoned Chips £4.95

Halloumi Fries £5.95

Garlic Ciabatta £4.95

Garlic Ciabatta with Cheese £6.45

Rocket, Baby Gem and Parmesan Salad £3.95

# Desserts

Selection of Snowdonia Cheeses £10.95

Crackers, grapes, apple, onion chutney

Lemon and Blackcurrant Delice £7.95

Layers of sponge, blackcurrant mousse, lemon mousse topped with white chocolate shavings, lemon sorbet

Selection of Ice Cream & Sorbets £6.95 GFA

choice of 3 scoops:

chocolate, bourbon vanilla, chunky

strawberry, white chocolate, salted caramel,

lemon sorbet, raspberry sorbet

Cold Set Chocolate Fondant £7.95

Served cold as a silky smooth flowing chocolate dessert with white chocolate ice cream and macerated strawberries

Toffee and Honeycomb Cheesecake £7.95

honeycomb ice cream, toffee sauce

Apple and Raspberry Crumble Tart £7.95 VE GF

Raspberry sorbet

# Children

Mon - Sat | 12pm - 5pm

1 Course £8.95

2 Courses £11.95

3 Courses £13.95

## STARTERS

Garlic Ciabatta

Soup of the Day VE GF

Vegetable Crudités

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## MAINS

Chicken Goujons

House-seasoned fries, Heinz beans

4oz Burger

House-seasoned fries, Heinz beans

Tomato Linguine

Garlic Ciabatta

Mini Battered Haddock

House-seasoned fries, mushy peas

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## DESSERTS

Warm Chocolate Brownie

Chocolate ice cream, chocolate sauce

Selection of Ice Creams

Fresh Fruit Salad