

The Old Co-op Bar & Restaurant Main Menu

Starters

Soup of the day with fresh warm rustic roll & butter **£4.95 (V) (VE)**

Bread and olive, toasted focaccia with balsamic vinegar and extra virgin olive oil
£4.95 (V) (VE)

Smoked salmon and prawn with tossed salad and fresh lemon **£7.95 (G)**

Chicken liver pate with onion marmalade and lightly toasted bread **£5.95**

Crispy chicken goujons with baby leaf salad and a sweet chili dip **£5.95**

Cheese tortilla nachos, tortilla chips topped with tomato salsa and molten cheese
£4.95 (V)

Curried cauliflower fritters served with fresh homemade battered onion rings
£5.50 (V) (VE)

Mains

Burgers

Choose from

Landsker beef burger **£11.95**

Breaded spicy chicken breast **£10.95**

All served with salad garnish, homemade battered onion rings, fat chips & coleslaw

Extra toppings

Jalapenos **50p**

Bacon **£1.00** per slice

Hash brown **75p**

Chilli jam **75p**

Cheese **75p**

Blue cheese **£1.50** per portion

Chicken dishes

Welsh whiskey pepper chicken

A succulent chicken breast pan fried with cracked, black pepper, flamed with welsh whiskey finished with a little cream served with a choice of potatoes **£13.95**

Chicken cymru style

Breast of chicken hunters topped with bacon, BBQ sauce & cheesy leeks oven baked served with salad & a choice of potatoes. **£13.95**

Pork/gammon dishes

Picatta of pork

Medallions of pork, pan fried with tomatoes, mushrooms & tarragon finished with a little cream, served with a choice of potatoes **£14.00**

12oz horseshoe gammon steak with grilled tomato, mushrooms, homemade battered onion rings, peas, egg or pineapple served with choice of potatoes **£14.00**

Steak/beef dishes

Pan fried beef medallions in a creamy garlic, mushroom & onion sauce, served with vegetables and a choice of potatoes **£19.95**

10oz welsh sirloin, cooked your way, with mushrooms, onion rings, tomatoes, peas and a choice of potatoes **£20.00**

Fish dishes

Sea Base

Battered cod, deep fried with chips, peas, tartare sauce & fresh lemons **£13.00**

Breaded plaice fillet, deep fried with chips, peas, salad garnish & homemade chips **£13.00**

Whole tail breaded scampi, salad garnish, fresh lemon & homemade chips **£9.95**

Roasted cod fillet with baby potatoes & chorizo with garlic cream **£13.00**

Grilled fillet of peppered salmon, garlic butter peas & carrots served with rosemary and parmesan baby potatoes **£15.00**

Pasta Dishes

Welsh beef lasagna

Welsh minced beef simmered in a tomato ragu sauce, layered with pasta and creamy bechamel sauce, topped with cheese served with salad & garlic bread **£12.00**

Fresh seafood

Selection of mussels, prawns, cod and salmon in a creamy rich fish sauce & parmesan cheese **£15.00**

Chicken, bacon & mushroom tagliatelle pasta in a creamy garlic sauce served garlic bread **£14.50**

Vegan friendly pine nut, walnut, basil & roasted pepper tagliatelle finished with fresh lemon **£13.00**

The old co-op mega mixed grill

Steak, pork chop, chicken breast, gammon, sausages, fried egg, tomato, mushrooms, onion rings, peppercorn sauce & homemade chips **£25.00**

Special Dishes

Check out what we have on today from our list of blackboard specials

Welsh rarebit muffins, homemade Welsh rarebit with leeks, Worcester sauce and yfenni cheese topped onto soft baked muffins and glazed served with salad
£11.00

Award winning pork and leek sausages sourced from our local Andrew Reece butcher's with cream mashed potatoes and onion gravy **£12.00**

Pan fried pork loin steaks topped with apple sauce and cheddar cheese **£13.00**

The Old Coop loaded dirty chips
Home made fat chips topped with Welsh bacon, fried onions and mushrooms smothered in BBQ sauce and cheddar cheese melt **£10.00**

Chefs Pie of the Day
Tender Welsh landsker beef braised in ale baked in a shortcrust pastry case **£12.00**

Pan fried king prawns in garlic butter flamed with brandy served with salad and new potatoes **£11.00**

Butter chicken curry, our own in-house curry served with basmati rice, chips or ½ + ½ and accompanied by mango chutney and poppadum **£11.95**

Chefs Pie of the Day
Oven roasted chicken and cream leeks baked in a shortcrust pastry **£11.00**

Chicken forrestiere
Oven roasted chicken breast topped with mushrooms and onions in an herb cream sauce
£12.00

Cajun chili chicken breast, chicken breast marinated in Cajun spice pan fried with peppers and onions finished with sweet chili sauce **£12.00**

Glamorgan cheese sausages
Welsh cheesy leeks and mashed potato coated in bread crumb and oats deep fried served with tomato onion chutney **£12.00**

Deep fried seafood platter to share
Calamari squid rings, whole tail scampi, breaded white bait and cod goujons with brown bread and butter salad fresh lemon and homemade chips **£23.00**