



## Chef's Message

Head Chef Malcolm and the kitchen team are passionate about what they do. They take pride in sourcing the finest local ingredients while also seeking out the best seasonal produce from further afield. Every dish is cooked fresh to order, so if you're short on time, just let us know.

## Brunch

Served Monday – Saturday until 2pm • Sunday until 11.45am

### Full English Breakfast ..... 13.50

sausage, bacon, mushroom, hash brown, eggs, black pudding, baked beans, slow-roasted tomato (G, E, D, SD) 817 kcal

### Vegan Breakfast (ve, gf) ..... 11.95

vegan sausage, spinach, tomato, hash brown, baked beans, mushroom (S) 440 kcal

### Eggs Benedict ..... 10.95

toasted muffin, ham, poached eggs, hollandaise (G, E, D / S, MU, SE) 668 kcal

### Smoked Salmon Croissant with Scrambled Eggs (gfo) ..... 13.50

(G, F, S, E, D, SE, SD / MU) 700 kcal

### French Brioche Toast (v) ..... 10.95

caramelised plums, yoghurt (G, E, D / S, MU) 522 kcal

add bacon 256 kcal 2.00

### Classic Coachman's Three-Egg Omelette (vo) ..... 6.95

watercress (E, D) 532 kcal

### Avocado on Toasted Sourdough (v) ..... 10.95

roasted vine tomatoes, poached eggs (G, N, S, E / C, MU) 616 kcal

### Bacon & Sausage Sandwich ..... 7.95

(G, D, E, SD) 680 kcal

add an egg (E) 60 kcal with our compliments

## Grazing & Sharing

### Pitted Spanish Olives (ve, gf) ..... 3.95

sunblushed tomatoes (SD) 43 kcal

ANY 3 DISHES 13.00

### Olive & Oregano Focaccia (v) ..... 6.50

oil & balsamic (G, SD / S, E, D) 241 kcal

### Puffed Pork 'Quaver' (gf) ..... 3.95

sage & fennel salt 129 kcal

ANY 3 DISHES 13.00

### Roast Pumpkin Houmous (ve) ..... 4.95

pumpkin seeds, flatbread (G, SE) 167 kcal

### Crispy Whitebait ..... 5.95

tartare sauce (G, F, E, MU) 331 kcal

### Honey & Mustard Pigs in Blankets ..... 5.95

(G, D, MU, SD) 451 kcal

## Starters

### Soup of the Day ..... 6.50

bread, butter ask for allergens & calories

### Roast Chicken & Leek Terrine (gfo) ..... 7.95

winter chutney, pickles, toast (G / F, S, D, CE, MU, SD) 211 kcal

### Classic Prawn & Avocado Cocktail ..... 8.50

brown bread, butter (G, C, S, D, MU / SE) 590 kcal

### Whipped Feta Cheese with Warm Beetroot (ve) ..... 6.95

roasted fig, pickled walnuts (N, G) 123 kcal

### Smoked Mackerel Pâté (gfo) ..... 6.95

frickles, dill butter, crispy bread (G, F, D / E, S) 514 kcal

### Black Pudding Scotch Egg ..... 8.50

apple & celeriac remoulade (G, S, E, D, MU, SD / SE, F, MO, C) 435 kcal

## Classic Sandwiches

white or wholemeal bloomer, dressed leaves (gfo)

### Cheese & Red Onion Marmalade (v, gfo) ..... 7.95

(G, D, MU / L, E, CE) 782 kcal

### BLT (gfo) dressed salad (G / E, D) 588 kcal ..... 7.95

(G, D, MU / L, CE) 618 kcal

### Wiltshire Cured Ham, Tomato & Dijon Mustard (gfo) ..... 7.95

(G, D, MU / L, CE) 618 kcal

### Egg Mayonnaise & Cress (v, gfo) (G, E, D, MU / CE) 341 kcal ..... 7.95

(G, D, MU / L, E, CE) 341 kcal

## Sunday Roasts

### Roast Topside of Beef (gfo) ..... 17.95

seasonal vegetables, roast potatoes, Yorkshire pudding, gravy, horseradish sauce (G, E, D, CE / S, MU) 956 kcal

### Roast Loin of Pork (gfo) ..... 16.95

roast potatoes, seasonal vegetables, apple sauce (G, E, D, SD / S, CE) 584 kcal

## Main Courses

### Fish & Chips (gf) ..... 13.95 / 17.50

beer-battered North Sea haddock, chunky chips, mushy peas (SD, F, E, MU) 694 kcal / 981 kcal

### Cumberland Pin Wheel Sausage ..... 13.95

bubble & squeak, cider onion gravy, pickled & crispy onion petals (G, D, SD / CE, MU) 1025 kcal

### Pie of the Day ..... 17.95

seasonal vegetables, creamy mash or chunky chips, gravy ask for allergens & calories

### Bavette Steak Frites (gf) ..... 19.95

skinny fries, green peppercorn sauce (D, CE, SD / MU) 859 kcal

### Moules Marinière (gf) ..... 18.95

skinny fries (MO, D, SD, MU) 1372 kcal

### Catch of the Day ask for allergens & calories ..... POA

## Sides

### Cauliflower Cheese (v) (G, D / S) 430 kcal ..... 5.95

### Pigs in Blankets (G, D, MU, SD) 451 kcal ..... 5.95

### Maple & Mustard-Roasted Root Vegetables (ve, gf) (CE, MU) 175 kcal ..... 4.95

### Buttered Seasonal Greens (v, gf) (D) 136 kcal ..... 4.25

### Simple Salad (v, gf) ..... 4.50

olives, radicchio, gem lettuce, cherry tomatoes, red onion (D) 55 kcal

### Chunky Chips (ve, gf) herb salt (SD / CE) 186 kcal ..... 4.25

### Skinny Fries (ve, gf) herb salt 293 kcal ..... 4.25

### Invisible Chips ..... 2.00

0% FAT, 100% HOSPITALITY

Hospitality Action

All proceeds from Invisible Chips go to Hospitality

Action, who offer help and support to people in

Hospitality in times of crisis. Thanks for chipping

in! Scan this code for more information or visit

hospitalityaction.org.uk



If you have a food allergy, intolerance or sensitivity, please speak to your server before ordering your meal. Please be aware our kitchens contain allergens of all kinds so we therefore cannot guarantee that any one dish can be free of all traces of any allergen. Items cooked within our fryers and ovens cannot be separated from allergenic ingredients and cross contamination may occur.

Allergens (Contains / May Contain): C: Crustaceans • CE: Celery • D: Dairy • E: Eggs • F: Fish • P: Peanuts • G: Gluten • L: Lupin • N: Nuts • MO: Molluscs • MU: Mustard • S: Soya • SD: Sulphur dioxide • SE: Sesame seeds

We add a discretionary 10% service charge on all our food items. 100% of all gratuities go directly to our team members. Please let your server know if you wish to remove this element.



## Royal Oak Hotel

Welshpool



### Children Eat Free on Sundays

Get one free children's three-course meal from our Children's Menu when you purchase a full-priced adult main course.

Drinks not included. Dishes and offer subject to availability. Offer only available for children aged 12 and under.



### Be Inn the Know

Get all the latest news and offers for The Royal Oak Hotel delivered to your inbox! Simply scan the code and add your details to sign up.

### Afternoon Tea

Join us every day between 2pm and 5pm for our sumptuous Afternoon Tea. Enjoy a selection of finger sandwiches and sweet treats with unlimited tea or coffee.

Why not add a glass of fizz and make it extra special?

Afternoon Teas must be pre-booked.

[www.royaloakwelshpool.co.uk](http://www.royaloakwelshpool.co.uk)



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