

2 COURSES FOR £17.50 | 3 COURSES FOR £22.50

12-5pm | Monday - Thursday

Starters

Halloumi Fries (v, gf)

crispy halloumi fries served with smoked paprika
mayonnaise (E, D, MU) 655 kcal

Chicken Liver Pâté

smooth chicken liver pâté with apple & mint chutney,
toasted sourdough and an almond crumb
(G, N, SD / S, CE, MU, SE) 602 kcal

Spiced Vegetable Bhajis (v, ve, gf)

crispy carrot & courgette bhajis served with
coconut raita (S, MU / G, L, N, CE, SE, SD) 181 kcal

Crispy Whitebait (gf)

lightly coated whitebait served with tartare sauce
and fresh lemon (MU, F, E) 319 kcal

Whipped Feta Bruschetta (v)

Whipped feta with sun-blush tomatoes, basil pesto and
toasted sourdough, finished with baby watercress
(G, D / N, S, CE, MU, SE, SD) 342 kcal

Desserts

Classic Sticky Toffee Pudding (v)

warm sticky toffee pudding with rich toffee sauce
and clotted cream ice cream (G, E, D / S) 920 kcal

Apple & Rhubarb Fool (v, gf)

creamy apple & rhubarb fool with vanilla custard
and an oat crumble (D / S) 444 kcal

Summer Berry Eton Mess (v, gf)

a classic Eton Mess with British summer berries,
crushed meringue and whipped cream (E, D) 967 kcal

Selection of Ice Cream (v, gf)

three scoops of today's ice cream flavours.
Please ask your server for today's selection (S, D) 345 kcal

Mini Chocolate Mousse & Coffee of your choice (ve)

Mini dark chocolate mousse alongside a coffee of your
choice. Why not make it iced? *ask for allergens & calories*

Mains

Scottish Smoked Salmon Fishcake (gf)

Marco Pierre White's Scottish smoked salmon fishcake
served with skin-on fries, tartare sauce and
a dressed salad (E, MU, SD, F, CE / L) 1066 kcal

Lamb's Liver

tender lamb's liver served with buttered mash,
seasonal greens, rich onion gravy and crispy
bacon crumb (G, C, S, E, MU, SE, SD / P, N, CE) 589 kcal

Chargrilled Chicken Niçoise Salad (gf)

chargrilled chicken breast with green beans, baby
potatoes, sun-blush tomatoes, rocket, soft-boiled egg
and salsa verde (MU, SD, E) 704 kcal

Plant-Based Meatball Pasta (v, ve)

plant-based meatballs in a rich tomato &
Mediterranean vegetable sauce, served with pasta
and fresh basil (G, S / E, CE, MU) 540 kcal

Tenderstem Broccoli & Baby Gem Salad (ve, gf)

tenderstem broccoli, baby gem, balsamic roasted
tomatoes, edamame beans, pumpkin seeds and
crispy kale, finished with a soy & ginger dressing
and coconut yoghurt (S / G, N, CE, MU, SE, SD) 232 kcal

Sides

Chunky Chips (v, ve, gf) herb salt (SD / CE) 316 kcal 4.50

Skinny Fries (v, ve, gf) herb salt 396 kcal 4.50

Simple Salad (v, ve, gf) 4.95
olives, radicchio, gem lettuce, cherry tomatoes,
red onion (D / CE, SD) 60 kcal

Buttered Seasonal Greens (v, gf) (D) 109 kcal 4.50

Crispy Onion Petals (v, ve, gf) 4.95
garlic mayonnaise 363 kcal

Grilled Baby Gem Lettuce (gf) 4.50
blue cheese dressing, bacon crumb (E, D, MU) 258 kcal

v (vo): Vegetarian (on request) ve (veo): Vegan (on request) gf (gfo): Gluten-Free (on request)

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.

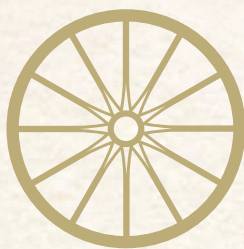
Allergens (Contains / May Contain): C: Crustaceans • CE: Celery • D: Dairy • E: Eggs • F: Fish • P: Peanuts G: Gluten • L: Lupin • N: Nuts • MO: Molluscs • MU: Mustard • S: Soya • SD: Sulphur dioxide • SE: Sesame seeds

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



THE
COACHING
INN GROUP

