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SNACKS & SHARERS

Artisan bread selection, Shirgar butter (v)
Garlic, rosemary and Halen Môn, salted butter flatbread (v)

5 Herb-marinated Nocellara olives (ve)
8 Baked Camembert, truffled Welsh honey artisan bread

7 Tir a Môr sharing platter
Glamorgan bites, Welsh rarebit
13 Welsh beer-battered fish goujons, fried chicken
Cefn Mawr Farm sliders

STARTERS

Chicken liver parfait, truffle butter sourdough
Butterbean and lemon bruschetta, courgettes sun-dried tomatoes, artichokes red pepper dressing (ve)
Traditional Welsh cawl, whipped malt butter bread shard

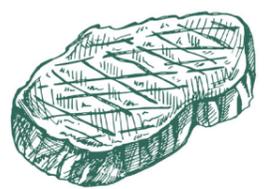
10 Fried chicken, Sriracha, garlic and soy
Toasted goat cheese, crumpet salt-baked heritage beetroot, chicory salad sherry vinegar glaze (v)
11 Caesar Caerdydd(v)
12 Gem lettuce, Caesar dressing, croutons, Parmesan cheese

11 Seasonal soup (v)
Black Mountain liquor and maple gravadlax
11 Brecon honey and mustard dressing
14 pickled cucumber



FROM THE GRILL

Grilled marinated spatchcock chicken, chimichurri,seasonal slaw, fries 24
Cefn Mawr Farm beef chuck burger, cheddar, artisan bun spiced seasonal slaw, fries 22
Grilled chicken breast, avocado, bacon, artisan bun, fries spiced seasonal slaw 20
Spinach and kale burger, vegan bacon, smoked vegan Applewood cheese flat mushroom,artisan style bun, seasonal slaw (ve) 20
Add to your burger 2
Fried free-range egg (v) | Welsh rarebit | Cheddar (v) | Smoked bacon | Flat mushroom (ve)
8oz Cefn Mawr Farm rib-eye, confit mushroom roasted cherry tomatoes, chunky chips 38
6oz Cefn Mawr Farm fillet, confit mushroom roasted cherry tomatoes, chunky chips 39
Sauces 5
Peppercorn sauce | Béarnaise | Red wine jus



MAINS

Roast breast of chicken, truffle mashed potato, wild mushrooms pancetta,roasted shallots, red wine jus 23
Tenderloin of pork, Parma ham, squash purée, rosti potato goat's cheese, pine nut, natural jus 24
Slow-cooked beef and red wine ragu, pappardelle San Marzano tomatoes, pangrattato, Parmesan 19
Roast Brecon lamb rump, celeriac fondant, Samphire, artichokes confit cherry tomatoes, thyme jus 33

FROM THE SEA

Pan-roasted cod loin, chorizo and potato, grilled courgette,salsa verde 25
Welsh beer-battered fish and chunky chips, minted pea purée,tartare sauce 22
Add curry sauce 4
Pan-fried sea bass, potato terrine, texture of carrot, tarragon sauce 25

VEGETARIAN

Roast cauliflower steak, wild mushrooms, charred corn winter greens,basil pesto, granola (ve) 20
Fresh potato gnocchi, butternut squash, pine nuts, sage lemon and mascarpone (v) 19

SIDES

Fries or chunky chips (ve) 5
Garlic Blas y Tir leeks and sautéed potatoes (v) 6
Shirgar-battered seasonal greens (v) 6
House salad (ve) 6
Maple glazed roasted root vegetables 6
Welsh Cheddar truffle mashed potato 7
Beer-battered onion rings, aioli (v) 6



(v) vegetarian | (ve) vegan

Food allergies and intolerances: we welcome enquiries from guests who wish to know whether dishes contain particular ingredients. Please note: before placing your order please inform a member of the team if anyone in your party has a food allergy
Prices include VAT. An optional 12.5% service charge will be added to your bill.

t i r a m ô r

EIN STORI - OUR STORY

Tir a Môr means land and sea in Welsh, so naturally. We showcase the best produce our country has to offer.

Welsh native, Joe Procak, has worked as a professional chef since he was 18. With over 30 years of experience, he has held numerous Executive Chef roles in Wales. His Italian mother inspired his passion for cooking, and the kitchen was the heart of their home.

Our Head Chef, Richard Howard, is a true Cardiffian. Growing up, he would join his nan (Mamgu) in the kitchen and help with the traditional fishcakes and lamb dishes we know and love. But more importantly, it was his nan's kitchen where our signature Bara Brith pudding was created (we love this so much, we also created a cocktail in its honour!).

HALEN MÔN SEA SALT

Anglesey

In 1997, husband and wife, Alison and David Lea-Wilson left a saucepan of seawater to boil on the Aga in their family kitchen. As the salt crystals started to form, they knew they'd struck culinary gold. Today, their Welsh sea salt is enjoyed around the world.

ABERFFRAW BISCUIT CO

Llanrwst

The Aberffraw biscuit is said to have originated in 13th Century Anglesey. An all-butter shortbread, they're said to be Britain's oldest biscuit, and are now made by James and Natasha Shepherd in North Wales.

CARMARTHEN HAM

Carmarthen

Carmarthen air-dried, salt-cured ham started with Albert Rees, a market butcher in the 1970s, and has since been passed down through the generations in the Rees family.

BLAS Y TIR LEEKS

Pembrokeshire

A traditional symbol of Wales, leeks feature across many classic Welsh dishes. We source ours from Blas y Tir, whose leeks are grown in the rich crumbly soil of Pembrokeshire, giving them a mild and sweet flavour.

PENDERYN WHISKY

Brecon Beacons

There's evidence that the Welsh practised distillation as early as the 4th century, and today, Penderyn have three distilleries across the country - with the first located in the Brecon Beacons National Park, in the village of Penderyn.

CEFN MAWR FARMS

Monmouthshire

Our beef comes from Douglas Willis, who buy from a collective of regional farms. These farms allow their heritage Welsh Black cattle to graze on native rough upland terrain, which means the meat develops a unique character.

TINY REBEL BREWERY

Newport

Started by two brothers-in-law in a garage, Tiny Rebel has grown into an international business exporting their award-winning brews to over 35 countries. They're also the youngest—and only Welsh—brewery to win Champion Beer of Britain.

