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SNACKS & SHARERS

Artisan bread selection, Shirgar butter 5
 Seasonal soup 7
 Herb-marinated Nocellara olives (ve) 7

Caesar Caerdydd (v) Gem lettuce, Caesar dressing, croutons, Parmesan cheese 10
 Garlic, Rosemary and Halen Môn salted butter flatbread (v) 8

Tir a mor sharing platter, Glamorgan bites, Welsh rarebit, crispy fried chicken, Welsh beer battered fish goujons 24
 Baked Camembert, truffled Welsh honey, artisan bread 13

STARTERS

Pressed ham hock terrine, charred corn, piccalilli, Artisan bread 10
 Pan fried wild mushrooms, garlic, parsley and lemon, charred local sourdough (ve) 11

Twice baked goats cheese soufflé, pickled apple, black garlic ketchup (v) 11
 Char grilled asparagus, poached hens egg, Hollandaise sauce 12

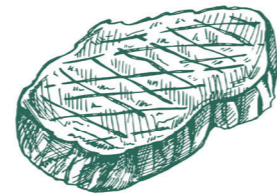
Crispy fried chicken, Sriracha, garlic & soy, Asian salad 11
 Severn and Wye smoked salmon, Kohlrabi remoulade, lemon, horseradish 14



FROM THE GRILL

Grilled marinated spatchcock chicken, chimichurri, seasonal slaw, fries 24
 Cefn Mawr, Chuck burger, cheddar, artisan bun, fries, spiced seasonal slaw 22
 Grilled chicken breast, avocado, bacon, artisan bun, fries, spiced seasonal slaw 20
 Spinach and kale burger, vegan bacon, vegan applewood, flat mushroom, artisan bun seasonal slaw (ve) 20
 Add to your burger 2
 Fried free-range egg (v) | smoked bacon | Flat mushroom (ve)

8oz Cefn Mawr Farm rib eye, confit mushroom, roast cherry tomato, thick chips 38
 6oz Cefn Mawr Farm Fillet, confit mushroom, roast cherry tomato, thick chips 39
 Sauces 5
 Peppercorn sauce | Béarnaise | Red wine jus



FROM THE SEA

Pan fried bream, fennel, tomato, shellfish linguini 25
 Welsh beer battered fish and chips, minted pea purée, tartare sauce 22
 Add: | Curry sauce 4

VEGETARIAN

Charred Hispi, miso, Tahini, pearl barley, tender stem broccoli, spinach, sweet onion (ve) 20
 Summer vegetable macaroni, purple potatoes, Perl Wen, truffle (v) 19



MAINS

Pan roasted cod loin, chorizo and potato, grilled courgettes, salsa verde 25
 Breast of chicken, purple potato, asparagus, wild mushrooms, greens, Café Crème sauce 23
 Slow cooked pork belly, potato puree, apple, young leeks, alliums 24
 Slow cooked beef & red wine ragu, pappardelle, San Marzano tomatoes, Pangratatto & Parmesan 19
 Roasted rump of Welsh lamb, Jersey Royals, peas and broad beans, sour cream, lemon gel 33

SIDES

Fries or thick chips (ve) 5
 Garlic Blas y Tir leeks and sautéed potatoes (v) 6
 House salad (ve) 6
 Beer battered onion rings, aioli 6
 Tender stem broccoli, chilli lemon and garlic 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.

