

tir a môr

SNACKS & SHARERS

Artisan bread selection, Shirgar butter (v)	5	Garlic, rosemary and Halen Môn salted butter flatbread (v)	8	Tir a Môr sharing platter Glamorgan bites, Welsh rarebit, Welsh beer-battered fish goujons, fried chicken, Cefn Mawr Farm sliders	24
Herb-marinated Nocellara olives (ve)	7	Baked Camembert, truffled Welsh honey, artisan bread	13		

STARTERS

Chicken liver parfait, truffle butter, sourdough	10
Wild garlic and potato soup, smoked haddock bon bon, confit leeks	10
Chargrilled asparagus, olive oil and potato emulsion, lemon and chive dressing (ve)	14
South Coast crab and toasted crumpet, poached free-range egg, hollandaise sauce	14
Whipped goat's cheese, salt-baked heritage beetroot, pea shoot and chicory salad, sherry vinegar glaze (v)	10
Fried chicken, Sriracha, garlic and soy	11
Black Mountain liqueur and maple gravadlax, Sichuan-pickled cucumber, Black Mountain liqueur gel	14
Caesar Caerdydd(v) Gem lettuce, Caesar dressing, croutons, Parmesan cheese	10
Seasonal soup (v)	7

MAINS

Pan-roasted cod loin, seasonal vegetable and mint ragu, purple potatoes, beurre blanc	25
Welsh beer-battered fish and chunky chips, minted pea purée, tartare sauce Add curry sauce	22 4
Roast chicken supreme, sweet potato fondant, onion textures, grilled leeks, thyme jus	23
Crispy porchetta, creamed polenta, roasted heritage carrots and fennel, lemon gremolata, red wine jus	23
Pan-fried sea bream, saffron potatoes, wilted greens, sauce vierge	25
Slow-cooked beef and red wine ragu, pappardelle, San Marzano tomatoes, pangrattato, Parmesan	19
Roast Brecon lamb rump, fondant potato, seasonal vegetables, pea purée, black olive and anchovy, sweet garlic jus	32
Roast cauliflower steak, wild mushrooms, charred corn, spring greens, basil pesto, granola (ve)	20
Charred and smoked aubergine, buckwheat salad, confit tomatoes, spinach, red pepper fondue, lemon and soya yoghurt (ve)	19

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, spiced seasonal slaw, fries	20
Spinach and kale burger, vegan bacon, Portobello mushroom, smoked vegan Applewood cheese, brioche-style bun (ve) Add to your burger	20 2 each
Fried free-range egg (v) Welsh rarebit Cheddar (v) Smoked bacon Portobello mushroom (ve)	
8oz Cefn Mawr Farm rib-eye, confit mushroom, roasted cherry tomatoes, chunky chips	36
6oz Cefn Mawr Farm fillet, confit mushroom, roasted cherry tomatoes, chunky chips	39
Sauces Peppercorn sauce Béarnaise Red wine jus	5

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
Welsh Cheddar truffle mac 'n' cheese (v)	8
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.

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.