

## Lunch Time Classics

**Lunch is served daily between 12:00pm and 2:30pm. You may choose any Appetiser or Dessert and a Main from our Lunch Time Classics menu for just £9.95**

Our chefs, under Head Chef Robert Sands, have crafted all of these dishes sourcing local quality produce where possible (using our award winning ciders in some dishes). We are passionate about food and we work hard to provide a menu that's unique to The Bell. Enjoy your lunch!

### Appetisers

<b>Pork Belly Salad</b>	<b>£5.25 / £10.95</b>
<i>Braised British pork belly tossed in an apple, celery and shallot salad <u>w</u> a Gwynt Y Ddraig cider drizzle</i>	
<b>Warm Mediterranean Salad (v)</b>	<b>£4.95 / £8.95</b>
<i>Artichoke heart, cherry tomatoes &amp; olives, bound with a basil oil &amp; topped with a parmesan crisp.</i>	
<b>Mushroom &amp; Blue Cheese Salad (v)</b>	<b>£4.95</b>
<i>Grilled flat mushroom topped with melted Stilton &amp; a walnut &amp; raspberry salad</i>	
<b>Fish Cake <u>w</u> Lemon &amp; Mixed Herb Mayonnaise</b>	<b>£5.45</b>
<i>Fresh fish cake served <u>w</u> a lemon and herb mayonnaise on dressed mixed leaves</i>	
<b>Gwynt Y Ddraig Cider Scotch Egg</b>	<b>£4.95</b>
<i>A warm cider infused scotch egg <u>w</u> dressed mixed leaves &amp; Chef's salad crème</i>	
<b>Soup (v)</b>	<b>£4.35</b>
<i>Chef's soup of the day served <u>w</u> warm ciabatta</i>	
<b>Chicken Liver Pate</b>	<b>£4.95</b>
<i>Chicken liver pate <u>w</u> Chef's chutney &amp; toasted ciabatta fingers</i>	
<b>Bread &amp; Olives (v)</b>	<b>£3.95</b>
<i>Warm crusty ciabatta &amp; a selection of olives <u>w</u> olive oil &amp; balsamic vinegar for dipping</i>	
<b>Carmarthen Bay Mussels</b>	<b>£6.25</b>
<i>Fresh Carmarthen Bay mussels steamed in white wine, garlic and cream (add £1 if part of the Lunch Time Deal)</i>	
<b>Chargrilled Goats Cheese &amp; Vegetable Gateaux (v)</b>	<b>£4.95</b>
<i>Layers of marinated chargrilled vegetables and goats cheese served hot with a trio of sauces (balsamic glaze, basil oil &amp; red pepper coulis)</i>	

## Mains

<b>Pie of the Day</b>	<b>£7.95</b>
<i>Chef's Pie of the Day <u>w</u> seasonal vegetables &amp; your potato choice</i>	
<b>Welsh Steak &amp; Frites</b>	<b>£10.95</b>
<i>Carmarthenshire reared 6oz rump steak <u>w</u> fries &amp; a hen's egg (Add £2.00 if part of the 2 course Lunch Time deal)</i>	
<b>Gammon &amp; Egg</b>	<b>£7.45</b>
<i>8oz horseshoe gammon steak topped <u>w</u> a hen's egg &amp; served <u>w</u> your potato choice</i>	
<b>Rustic Filled Breads</b>	
<i>All served on ciabatta <u>w</u> mixed leaves &amp; your potato choice. Choose from:-</i>	
<i>Beer battered fresh catch of the day fillet goujons <u>w</u> Chef's tartare sauce</i>	<b>£7.95</b>
<i>Classic BLT – smoked bacon, lettuce &amp; tomato <u>w</u> chive mayo</i>	<b>£5.95</b>
<i>Roasted peppers, mushrooms &amp; blue cheese (v)</i>	<b>£6.95</b>
<i>Rump steak <u>w</u> caramelised onions</i>	<b>£7.95</b>
<b>Real Ale Battered Fresh Fish &amp; Chips</b>	<b>£10.95</b>
<i>Our daily catch fresh fish fillet coated in The Bell's real ale batter <u>w</u> mint &amp; lemon mushy peas &amp; rustic fries (Add £2.00 if part of the 2 course Lunch Time deal)</i>	
<b>The Bell's Gourmet Burger</b>	<b>£9.95</b>
<i>Our best minced Welsh beef formed into a 6oz seasoned patty served in a crusty ciabatta <u>w</u> mixed leaves &amp; rustic fries. Add bacon, brie, Colliers cheddar or blue cheese for an additional 80p per item</i>	
<b>Glamorgan Sausages (v)</b>	<b>£9.95</b>
<i>Caerphilly cheese, leek &amp; bread crumb sausages <u>w</u> a creamed leek sauce, herb mash &amp; seasonal vegetables</i>	
<b>Sausage "of the Day" &amp; Mash</b>	<b>£7.95</b>
<i>Three sausages, creamy mash, seasonal vegetables and onion mash</i>	
<b>Ratatouille Stuffed Aubergine (v) (vegan option)</b>	<b>£8.95</b>
<i>Half a roasted aubergine stuffed <u>w</u> ratatouille &amp; finished <u>w</u> parmesan &amp; pinenut crust served <u>w</u> a trio of sauces, red pepper coulis, basil oil and balsamic glaze</i>	
<b>Roasted Butternut Squash &amp; Spinach Risotto (v) (vegan option)</b>	<b>£8.95</b>
<i>Arborio rice mingled <u>w</u> squash &amp; spinach finished <u>w</u> parmesan &amp; basil oil</i>	
<b>Sides; Olives, vegetables, leaves, breads, fries, creamy mash</b>	<b>£2.60</b>