

# Tides Kitchen & Wine Bar

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## Lunch (served until 3pm)

### Starters & Small Plates

House Pate w/sourdough toast, choose from:	Chicken, pork & pistachio	6.50
	Smoked salmon, capers & fresh dill	6.00
Seared Scallops w/ crispy pork belly, wild rocket & ginger, chilli & coriander dressing		9.50
Homemade Soup of the Moment w/sourdough bread		6.00
add Welsh rarebit		8.50
Ratatouille on Sourdough served with organic salad leaves		8.00

### Sandwiches (served on either sourdough bread or brioche roll)

Monmouthshire air-dried ham, rocket, mozzarella, avocado & balsamic dressing	6.50
Smoked salmon, cracked black pepper & cream cheese	6.00
Welsh cheddar, apple chutney & organic salad leaves	6.00

### Mains

Salmon, Prawn & Smoked Haddock Fish Pie w/cheesy mash topping & seasonal greens	15.00
'Tides' Gourmet Burger 100% Welsh beef wrapped in Parma Ham, filled with mozzarella & served w/caramelised onions, mayo & hand-cut chips	11.50
Roasted Butternut Squash, Mushroom & Spinach Lasagne w/garlic bread & organic salad leaves	12.00
Cajun Chicken House Salad w/crispy pancetta, avocado & rocket pesto dressing	10.00
Beer Battered Cod & Hand-Cut Chips w/crushed minted peas & tartare sauce	12.00
Fabulous Fish Burger w/cod, prawns & dill served w/tartare sauce & squid ink bun	10.50
'Tides' Fishcakes w/chilli jam, slaw & organic salad leaves	12.00

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Some of our dishes may contain nuts or other allergens. Please inform a member of our team if you have any allergies