



Please order at the bar

STARTERS

(v) Homemade soup of the day with fresh bread £4.50

(V) Courgette and parmesan fritters served with a sweet chilli dipping sauce £5.50

Fresh Swansea mussels in a spicy tomato and bacon sauce served with crusty bread £5.50

(V) Bruschetta topped with three bean casserole and mozzarella £5.50

Smoked salmon salad with crispy bacon and sautéed potatoes £5.75

(V) Blue cheese and walnut pate topped with port jelly and served with granary toast £5.75

Deep fried prawns in Montgomery ale batter served with tartar sauce £5.75

(V) Crispy goat's cheese and chive balls in chickpea batter served with fresh pineapple salsa £5.75

Pork liver and sage pate, toast & red onion marmalade £5.50

Cured beef salad with sautéed potatoes, capers, beetroot & horseradish dressing £5.75

Deep fried calamari rings with a lime mayonnaise dip £5.75

MAINS

The Lowfield Inn mixed grill – rump steak, gammon steak, lamb cutlet, Cumberland sausage, fried egg, onion rings, mushrooms, peas and handcut chips. Ideal for large appetites! £17.50

8oz Homemade beefburger with melted cheese, tomato relish, coleslaw & handcut chips £10.00*

Local chargrilled steak with salad garnish, mushroom, onion rings & handcut chips

8oz Sirloin £15.75 / 10oz Rib eye £17.75

Add Peppercorn Sauce or Creamy Mushroom Sauce for £2

"Three Tuns" beer battered haddock, pea puree, tartare sauce & handcut chips £10.75

(v) Thai vegetable curry (medium strength with aromatic spices & coconut milk), fragrant rice & naan bread £9.75

Honey roast ham with free range fried eggs, handcut chips & homemade chutney £9.75*

Roast pork fillet served with crushed new potatoes, courgettes and a cider sauce £11.00

Chicken dopiazza curry (medium Hot, aromatic & cooked with onions) served with fragrant rice, naan bread & crispy onions £10.50*

Local pork and leek sausages with mashed potato & onion gravy £9.00*

(V) Tagliatelle with roasted tomatoes, basil and warm mozzarella balls served with garlic bread £10.00

Chargrilled chicken salad with pineapple salsa & sweet potato wedges £10.50

Roast duck breast (cooked pink) on a bed of stir fried vegetables and noodles in an oriental sauce served with prawn crackers £12.50

Seafood linguine –prawns, clams, mussels and salmon in a light tomato sauce £10.50

Roast chicken breast with sage, leek and onion stuffing served with spring cabbage and bacon, roast potatoes and a rich gravy £11.50

Pan roast fillet of salmon on a Nicoise salad – salad leaves, green beans, boiled egg, black olives, anchovies & local new potatoes with lemon vinaigrette £10.75

Roast lamb rump with new potatoes, baby carrots and a rich rosemary & redcurrant jus £12.75

Locally made faggots with mashed potato, peas & onion gravy £9.00*

(V) Courgette and parmesan fritters served with a sweet chilli dipping sauce & salad £9.75

Traditional ploughman's lunch – Welsh cheddar and honey roast ham with apple, tomato, celery, chutney, pickles & granary bread £8.00

SIDE ORDERS

Chips £2.75, New Potatoes £2.25

Side Salad £2.50, Seasonal Vegetables £2.50

Bread Basket £1.50

Coleslaw £1.00, Mixed Olives £2.00

Garlic bread £2.75 / Garlic bread with cheese £3.50

SANDWICHES

Poached salmon wrap – poached salmon fillet with lemon & chive sour cream wrapped in a flour tortilla £5.50

Chicken mayonnaise & crispy bacon in ciabatta £5.50

Pork sausage baguette with caramelized onions & handcut chips £6.50

Minute steak sandwich with caramelized onions, mushrooms & Dijon mayonnaise in ciabatta with handcut chips £7.75

Home smoked duck breast with spring onions and hoisin sauce in a soft flour tortilla £5.75

(v) Welsh cheddar & homemade chutney sandwich on ciabatta £4.75

Fish fingers, shredded iceberg and homemade tartare sauce in ciabatta served with handcut chips £6.50

Prawns & Marie Rose sandwich in granary bread £5.75

* We offer smaller portions of these dishes for those with a smaller appetite and older children at a £2 reduction in price. For even smaller kids, please see the menu on the reverse.

HOMEMADE PUDDINGS

Warm drop scones with blueberry compote & milk ice cream
£4.95

Eton Mess – Whipped cream, meringue & fresh strawberries
£4.95

Lime cheesecake served with a lemon curd sauce £4.95

Warm chocolate fudge cake with milk ice cream £4.95

Vanilla crème brulee £4.95

Warm apricot and almond tart with pouring cream £4.95

ICE CREAMS & SORBETS – from Dairy Dreams of Churchstoke

Choose 3 scoops of the following all served with a homemade Shrewsbury biscuit for £4.50 –

- Milk (straight from the cow!)
- Strawberries & cream
- Chocolate
- Strawberry
- White mint and choc chip
- Rum and Raisin
- Lemon Sorbet

CHEESEBOARD

A selection of delicious British cheeses served with celery, biscuits & homemade chutney £6.50

We source all of our food locally wherever possible and all dishes are prepared to order. This means that there may be a short wait - especially at busy times - but we feel that it's worth it.

Good, fresh, hearty food can't be rushed!

Relax and enjoy your visit!

We have four tastefully decorated modern en-suite bedrooms available upstairs! Double £65, Single £45 including full cooked breakfast.

COFFEE

Cafetiere / Tea £2

Espresso £1.50

Americano £2.00

Double Espresso / Cappuccino / Latte / Hot Choc £2.50

Peppermint / Earl Grey / Chamomile Teas £2

PUDDING WINES

Late Harvest Sauvignon Blanc, Conch y Toro (Chile)
- 375ml btl 11.00 – 50ml glass 2.50

A delicate wine with papaya, peach & honey aromas & a light, honeyed-fruit palate

Muscat de Saint-Jean-de-Minervois, (France)
- 375ml btl 11.00 – 50ml glass 2.50

A soft, grapey desert wine which is both highly aromatic & deliciously sweet

Kid's menu

All dishes are £5.50 and come with an ice cream for pud!

Burger & chips
Sausage & mash
Ham, chips & baked beans
Pasta & tomato sauce
Soup & bread
Fish fingers, chips & peas
Chicken nuggets, chips & baked beans

WINES OF THE MONTH!

Rioja, Berberana Reserva (Spain) 2005

An excellent example of this classic wine. Having spent at least a year in oak barrels and a further four years maturing in the bottle this is a beautifully mellow wine with gentle vanilla fruit flavours.

4.35^{175ml} / 5.75^{250ml} / 16.75^{bottle}

Protocolo Blanco (Spain)

A dry white with subtle fruit flavours & a silky finish.

3.40^{175ml} / 4.90^{250ml} / 14.50^{bottle}