

WELLNESS LUNCH

Starters

The Sorting Room Salad

*Perl Las Welsh blue cheese, prosecco poached pear,
candied walnuts, chicory salad (V,D,C,N,SD)*

Cauliflower Soup

*Rarebit croquette, sticky sesame cauliflower wings
(V,SD,G,D,E,Se)*

✓ Beetroot Houmous

*Toasted pumpkin seeds,
grilled pitta bread (V,G)*

Mains

✓ Tuscan Potato and Herb Gnocchi

*Baked lemon, hedgerow garlic cream sauce,
wild mushrooms, roasted pine nuts,
smoked vegan cheese (V,G,N)*

Pan Roasted Garlic and Thyme British Chicken Breast

*Brined in Welsh beer, Tarws Pum Munud with confit
onions, leeks and bacon lardons, crispy chicken
crackling, Welsh rarebit and confit chicken croquette,
Glamorgan ale jus (G,S,E,SD)*

Grilled Halloumi

*Garlic mushrooms, avocado and chilli jam
on sourdough bread (V,D,G,SD,S)*



THE PARKGATE
HOTEL