



Lunch Menu

“Destiny may ride with us today, but there is no reason for it to interfere with lunch.”

- Peter the Great -

Allergen Key:

(d) - dairy; (g) - gluten/lupin; (s) - soya; (v) - vinegar; (c) - celery; (f) Fish; (cr) - crustacean/mollusc; (se) - sesame;; (n) - nuts/seeds; (su) - sulphites; (e) - egg; (m) - mustard

Ingredient key is advisory only if you or any of your party suffer from any form of food allergies please inform us before placing your order & we will do our best to accommodate where possible.

- SPRING 2026 LUNCH MENU -

- SMALL PLATES -

try individually as a starter - OR - choose any 3 for £30

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| XO Crab Taco (cr, g, s, su, f, e) Nordic salad | 13.0 |
| Crispy Monkfish (f, g, e) curry mayo cucumber poppadum | 12.5 |
| Smoked Trout (f, d) Jerusalem artichoke crispy spinach | 12.0 |
| Duck Spring Roll (g, s, se, su, e) Asian slaw hoisin gel | 12.0 |
| Lamb Shoulder Croquette (g, e, su) pea purée & mint gremolata potato crisps | 12.0 |
| Ham Terrine (m, su) radish green bean salad mustard vinaigrette Alex Gooch Sourdough | 11.5 |
| (v) Charred Carrot (d, n) carrot top pesto whipped goat's cheese pinenuts | 10.8 |
| (v) Wild Mushroom Ragu (d, g) yeast butter crispy onions | 11.5 |
| (v) Grilled Gem Lettuce (d, g) smoked onion velouté rye crumb | 10.8 |

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- BIG PLATES -

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| Pulled Pork Burrito (d, g) rice spring onions peppers corn | 21.0 |
| Beef Short Rib (d, su) cabbage snap peas oyster mushroom wild garlic & mint mash balsamic beef jus | 23.0 |
| (v) Mushroom & Stout Pie (d, g) roasted carrots broccoli house chunky chips | 21.5 |
| Lamb Burger (g, su) pickled cucumber bacon jam crispy mint leaves | 21.0 |
| Dill Battered Haddock & Chips (f, d, e, g, su) garden peas chunky chips blitzed tartar sauce cured lemon | 21.0 |
| (v) Halloumi Burrito (d, g) rice spring onions peppers corn | 20.0 |

- SANDWICHES -

all served on Alex Gooch rustic white bread with seasoned fries & house slaw

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| 6oz* Rump Steak (g, d, su) red onion chutney beef tomatoes Emmental cheese | 22.0 |
| (v) Buffalo Mozzarella (d, g, su, n) peppers courgette pesto sundried tomatoes | 19.0 |
| Monmouthshire Air Dried Ham (d, g, su, n) buffalo mozzarella pesto sundried tomatoes | 19.0 |
| Red Lion Chicken Club (g, d, e) shredded gem lettuce tomato roast garlic mayo streaky bacon fried egg | 21.0 |

- A BIT ON THE SIDE -

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| Chunky Chips Skinny Fries | 6.0 5.5 | Sautéed Potatoes (d, m) | 7.0 |
| Wild Garlic & Mint Mash | 6.5 | Spring Greens (d) | 7.5 |
| Pancetta Hispi Cabbage (d) | 7.0 | | |
| House Garlic Bread (d, g) | 7.0 | <i>welsh cheddar</i> +1 | <i>welsh cheddar & mushrooms</i> +2 |

* approximate uncooked weight

- PUDDINGS -

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| Buttermilk Mousse (d, g) pandan curd puffed wild rice | 10.5 |
| Rhubarb Tart (g, d) elderflower cream | 11.5 |
| Lemon Curd (g, d, e) Italian meringue vanilla pastry toasted hazelnuts lemon balm | 11.0 |
| Red Lion Sticky Toffee Pudding (g, d, n, e) toffee sauce vanilla ice cream | 11.0 |
| Selection of Welsh Ice Creams & Sorbets (d, e) please ask your server for our current selection | 8.0 |
| Artisan Welsh Cheeses (g, d, su) rosemary shortbread tomato chutney compressed apple blood orange segments | 17.0 |

- DESSERT WINE -

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| Torres Floralis Moscotel Oro (Catalunya Spain) rose, geranium, lemon verbena voluptuous, yet light, full with delicate sensuality. | 100ml 8.0 |
| Palazinna Moscato D'Asti Venemmia Tardiva (Piemonte Italy) lemon curd, marmalade, orange, apricot & honey, fresh citrus zest on the finish. | 8.5 |

- PORT & SHERRY -

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| Krohn Ruby Port (Douro Valley Portugal) | 100ml 7.0 |
| Graham's 10 Year Tawny Port (Douro Valley Portugal) | 9.0 |
| Croft Pink Port (Douro Valley Portugal) served chilled | 7.2 |
| Fernando de Castilla Pedro Ximénez Sherry (Jerez Spain) | 8.0 |

- HOT DRINKS -

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| Pot of Welsh Brew Tea | 3.75 |
| Speciality Tea (Organic Green Camomile Earl Grey Peppermint) | 3.85 |
| Caffe' Moreno Espresso / Doucble Espresso | 3.0 / 3.5 |
| Americano / Decaf Americano | 4.4 |
| Latte / Cappuccino / Flat White (d) | 4.8 |
| Steamed Milk Hot Chocolate cream & marshmallows (d) | 5.5 |
| Floater Coffee (d) | 5.0 |
| Liqueur Floater Coffee (d) | 7.8 |
| Welsh Floater Coffee, with Penderyn Single Malt Whisky (d) | 9.0 |