

FOOD AVAILABLE

All food is stored in the Games Room. Please help yourself and put either an I.O.U. slip or the appropriate cash in the money box.

Made with British seasonal produce (sourced from our own plot and independent local businesses whenever possible), all meals are ready cooked and frozen - all you need to do is re-heat them following the instructions provided in the Guest Information Book.

SAVOURY DISHES

Lamb Bhuna Curry

Kerala-style lamb bhuna - diced Welsh lamb shoulder cooked with ginger, onions and tomatoes in a home-made curry paste, mixed with split peas.

£6.00 (for 2-3 people)

Naan bread **£1.20 (pack of two)**

Mushroom Rogan Josh - suitable for vegetarians

Aromatic curry made with organic chestnut mushrooms cooked with tomatoes and onions flavoured with nutmeg, cardamom, ginger, coriander, cumin and garam masala spices.

£4.00 (for 1-2 people)

Veggies & Bean Rosti Pie - suitable for vegetarians

Herb roasted vegetables cooked with cannellini beans & onion in a herb & tomato sauce, with a rosti potato top

£5.00 (for 2 people)

Classic Cottage Pie

Traditional cottage pie made with minced Welsh beef, carrot and onion, with a topping of cheesy mashed potato with spring onion or leek (depending on the season).

£10.00 (large) / £5.00 (small)

Pork & Apricot Tagine

Cubes of Banceithin pork slow cooked with dried apricots and onions in a spicy tomato sauce sweetened with Banceithin honey.

£5.00 (for 2 people)

FRUIT CRUMBLES:

All crumbles have a topping of wholemeal flour, oats, butter and sugar. The fruit will vary depending upon what is in season at the time of cooking. Check the labels to see what is available.

£8.00 (large) / £4.00 (small)

Carton of custard: **£1.00**

Provamel Organic Dairy Free Custard - if you've not had it before, give it a try. It's just as good as Ambrosial

BREAD: Organic sourdough Country Loaf from Lampeter Bakehouse (£2.95)

MEAT & SAUSAGES:

Joints and other cuts from our own pigs and lambs are available on request. Sausages are available in the Games Room freezer; these are made by us on licensed premises to our own recipe using our own pork mixed with rolled oats, sea salt, dried herbs and black pepper.

SAUSAGES
Pork Sausages / Pork & Sage Sausages £3.50

OTHER PRODUCE:

If the season and slugs are being kind to us, a list of salad and other vegetables currently available from our plot will be in the market stall in the Games Room - to avoid waste we pick these fresh on request. You'll find eggs from our chickens and a selection of Philippa's jams, chutneys and pickles in the market stall too.

Also available to buy are:

- bottles of Welsh beer (£2.20 for a 500ml bottle)
- logs for the wood burner (£3.50 per basket refill - no charge for kindling only)
- bags of bbq charcoal (sustainably made in Wales) at £4 per bag (kept in Store Room)

See the full ingredients list in the Guest Information Book for allergen information for the savoury dishes, crumbles and sausages.