

SIDES

All of our sides are 2.25 each

Side salad

Buttered new potatoes

Homemade garlic and herb bread with Taw Valley mature Cheddar

Chips with garlic mayonnaise

Garlic and rosemary polenta chips with chilli, lime and coriander relish


Hand cut jacket potato wedges

Dorset ale battered onion rings

Vegetables of the day

SALADS

Grilled red mullet fillet and king prawns sautéed with ginger, chilli and coriander served on a Oriental style salad of mango, dakon radish, white cabbage, peanuts, sesame seeds, mint and coriander 7.85

 Fresh chicken breast and pancetta Caesar 7.75

—* FINER CHOICE *—

Shredded duck salad with mango, baby spinach, beetroot, spring onion and pea shoots tossed with honey, soy, ginger and sesame dressing 7.75

Steak marinated in chilli and coriander, sliced over cucumber, pea shoots, red onion and mint leaves, tossed in a chilli and lime dressing 7.85

SANDWICHES

Available Monday - Saturday between 12noon - 6pm. Choose from thick sliced white or malted bloomer.

Add chips, hand cut jacket potato wedges or garlic and rosemary polenta chips 1.00


—* FINER CHOICE *—

Steak, mushroom and onions in a crusty ciabatta 5.15


Egg and cress mayonnaise (v) 3.95


Hand battered fish fingers and homemade lemon tartare sauce 4.95

 Toasted triple decker club - fresh chicken breast, crispy bacon, egg and cress mayonnaise 4.95

 Dingley Dell sausages, crispy onions and mustard mayonnaise 4.85

Prawns with our homemade Marie Rose sauce 4.50

 Fresh chicken breast with pesto crème fraîche 4.70

 Dingley Dell ham and Taw Valley mature Cheddar with red pepper, apple and cumin chutney 4.95

(v) These dishes are suitable for ovo-lacto vegetarians, whilst we take care to preserve the integrity of our vegetarian products, we must advise that these products are handled in a multi-product kitchen environment. (*) All weights are approximate uncooked weights. Meat and poultry dishes may contain bone, fish and shellfish dishes may contain bone and shell. If you suffer from an allergy please make us aware as our menus may not list every individual ingredient. All dishes are prepared in a kitchen where products containing nuts, seeds and other allergens are handled and prepared. This means we may not be able to guarantee our food will not contain traces of a specific allergen. Upon request, our staff will be happy to supply further information regarding the ingredients in our foods and cooking methods so you can make your own informed decision as to whether a specific dish is likely to be suitable for you. Although we try we can not guarantee all products are GM free. All prices include VAT at the current applicable rate.

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PUDDINGS

 All of our ice cream is British Red Tractor Farm Assured real Cornish dairy ice cream from Callestick Farm in Truro.

Callestick Farm Cornish ice cream, choose from; vanilla, lemon curd, Cornish fudge or Belgian chocolate served in a homemade honey wafer basket 3.65

Double chocolate fudge cake with cream or Cornish vanilla ice cream 4.25

—* FINER CHOICE *—

Homemade treacle tart with Cornish vanilla ice cream 3.95

—* FINER CHOICE *—

Homemade pot au chocolat with raspberry compôte and chocolate chip cookies 4.25

Bramley apple pie, made using British Red Tractor Farm Assured Bramley apples and served hot or cold with custard, cream or Cornish vanilla ice cream 3.95

Sticky toffee pudding served with custard, cream or Cornish vanilla ice cream 4.25

—* FINER CHOICE *—

Homemade Bramley apple and rhubarb crumble served with custard, cream or Cornish vanilla ice cream 4.15

Baked lemon tart with raspberry sorbet 4.25

THE PERFECT ENDING

Flat white - a double espresso served with velvety textured milk, creamier than a cappuccino and with a stronger hit of coffee than a latte

Espresso - a small, rich, strong coffee, topped with a golden crema

Americano - a shot of espresso added to hot water to make a great tasting black coffee

Cappuccino - espresso with equal measures of steamed and foamed milk

Café latte - espresso with lots of freshly steamed hot milk

Hot chocolate - the finest cocoa, blended with freshly steamed hot milk

Mocha - an indulgent mix of hot chocolate blended with a single shot of espresso

Yorkshire tea - your very own pot of tradition

Fairtrade speciality and flavoured teas

Liquor coffees

French - Courvoisier Brandy, Calypso - Tia Maria,
Highland - Scotch Whisky, Irish - Baileys or Jameson's



THE THREE BLACKBIRDS

at Llantarnam



Llantarnam, Cwmbran, Gwent, NP44 3AY

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MENU

Food Served Daily 12-10pm

HELLO & WELCOME

We're pleased you're here to sample the delights of our hospitality. We've unashamedly spent time discovering fantastic ingredients and flavours to perfect our new recipes ensuring we bring you the best possible seasonal menu.

We sincerely hope that you, your friends, and your family enjoy your visit.

FINER CHOICE

Not surprisingly we got carried away once or twice and crafted some recipes that proved to be the...

...FINER CHOICE.

We've clearly labelled these dishes on the menu for you so they're easy to find and to enjoy!

NIBBLES & SHARERS

Olives, crusty ciabatta, olive oil and balsamic vinegar (v) **3.50**

Crusty ciabatta with olive oil and balsamic vinegar (v) **2.50**

Seared chorizo with garlic mayonnaise **3.75**

Antipasto platter - Prosciutto crudo, salami Milano, Coppa, olives, homemade garlic and herb bread, chilli-fire glazed beetroot with homemade goats cheese cream and mushrooms in a chilli, garlic and white wine sauce **9.45**

Seafood platter - crispy fried smelts, hand battered fish goujons, grilled Cornish sardines, rosemary and garlic polenta chips, homemade garlic and herb bread, pesto crème fraîche and homemade Marie Rose sauce **8.95**

SHARING PLATTER & BOTTLE OF WINE **15.00[^]**

TO START

Grilled Cornish sardine fillets on toasted ciabatta with roasted red peppers and smoky tomato sauce **4.85**

Homemade jacket potato shells filled with Taw Valley mature Cheddar and crispy bacon **4.25**

Mushroom and tarragon tart with rocket and slow roasted tomato (v) **4.75**

FINER CHOICE

Homemade smoked haddock, pancetta and British broad bean chowder with crusty ciabatta **3.95**

Homemade soup of the day with crusty ciabatta **3.80**

Eggs Florentine (v) **3.95**

Potted pork and real ale pâté with toasted bread and red pepper, apple and cumin chutney **4.75**

FINER CHOICE

Pan-fried scallops with crisp pancetta on a pea and mint purée **5.25**

Prawn cocktail with our homemade Marie Rose sauce **4.65**

King prawns sautéed with ginger, chilli and coriander **5.15**

FINER CHOICE

'Bath chaps' on a Oriental style salad with sesame seeds, peanuts and honey, ginger and soy dressing **4.85**

Mushrooms stuffed with Leicestershire Stilton and spinach topped with a herb crust (v) **4.35**

[^]Price applies to Antipasto platter or Seafood sharing platter and a bottle of Terra Alta red, white or rosé wine when ordered at the same time.

MAIN COURSES

Baked lasagne with British beef, Merlot, pork and smoked bacon Bolognese sauce with homemade garlic and herb bread **7.95**

FINER CHOICE

Aberdeen Angus and cracked black pepper sausages on homemade wholegrain mustard and leek mash, crispy onions and rich red wine and thyme gravy **8.55**

Dingley Dell pork and herb sausages with homemade mash, crispy onions, peas and gravy **7.65**

Fresh chicken breast filled with Taw Valley mature Cheddar, wrapped in pancetta with fine beans, gratin potatoes and served with sticky bourbon BBQ sauce **8.75**

Slow cooked shank of lamb in rich minted gravy with new potatoes and fine beans **10.45**

FINER CHOICE

Herefordshire beef and Abbot Ale pie with homemade wholegrain mustard and leek mash, savoy cabbage with pancetta and rich red wine and thyme gravy **9.55**

Pie of the day with peas, gravy and mash or chips **8.25**

Smoked gammon hock with honey and mustard glaze and homemade colcannon mash **9.50**

Baked cannelloni filled with lentils, courgettes and aubergines topped with smoky tomato sauce and goats cheese (v) **7.95**

Fresh chicken breast, tagliatelle, slow roasted tomatoes, mushrooms and spinach tossed in a Champagne and mushroom sauce served with homemade garlic and herb bread **8.65**

FINER CHOICE

Roasted British Gressingham duck leg with spring onion and crème fraîche crushed new potatoes, fine beans and Oxford style sauce **8.95**

Gnocchi, oyster and nameko mushrooms and spinach in a wild garlic, thyme and cheese sauce served with homemade garlic and herb bread (v) **7.25**

CURRIES

All of our curries are served with rice and naan bread.

Punjabi chicken tikka masala - marinated chicken in a medium spiced creamy masala and spinach leaf sauce **8.45**

Beef panang - Thai style aromatic hot and spicy sauce with coconut, chilli and lemon grass **8.55**

Vegetable dopiaza - butternut squash, cauliflower and spinach in a spicy South Asian style curry (v) **7.95**

Red Thai chicken - a spicy Thai style curry sauce with lemongrass, red chilli, ginger and coconut cream **8.25**

FISH

Homemade fish pie - chunks of fish, prawns and mixed green vegetables topped with homemade mash and Taw Valley mature Cheddar **8.85**

FINER CHOICE

Sea bass fillet, sautéed chilli greens, Oriental style salad with sesame seeds, peanuts and honey, ginger and soy dressing **9.35**

Hand battered fish with chips and mushy peas **7.55**

Whitby breaded scampi with chips and mushy peas **7.35**

Grilled mackerel fillets on homemade sweet potato mash with pineapple, spring onion and chilli salsa **7.95**

GOURMET BURGERS

 The beef and chicken in our burgers is British Red Tractor Farm Assured.

Our beef burgers are hand pressed to ensure the very best flavour. All of our burgers are served in a toasted sesame seed bun with chips and our homemade chilli, lime and coriander relish on the side.

Ultimate burger - beef burger and half a fresh chicken breast topped with crispy bacon, Taw Valley mature Cheddar, mayonnaise and homemade crispy onions **8.95**

Spicy bean burger topped with goats cheese cream and roasted red peppers (v) **6.95**

Pulled pork burger with sticky bourbon BBQ sauce and homemade crispy onions **7.60**

Order a beef or chicken burger with:

Taw Valley mature Cheddar and crispy bacon **7.10**

Sticky bourbon BBQ sauce and homemade crispy onions **7.50**

GRILLS

All of our beef steaks are served with chips, roasted cherry tomatoes, a grilled flat mushroom and Dorset ale battered onion rings.

FINER CHOICE

 10oz* Rib Eye Steak **13.95**

The marbling in a rib eye steak means it is best enjoyed served medium to well done to bring out the ideal flavour and texture

7oz* Sirloin Steak **10.95**

Softer in texture, this cut will give you fantastic flavour however you like it cooked

8oz* Rump Steak **9.95**

Rump steak will have a firm texture, good flavour and is best when served rare to medium

10oz* Gammon Steak **8.95**

Served with fried eggs or pineapple, chips and roasted cherry tomatoes

Add - Diane sauce, peppercorn sauce, sticky bourbon BBQ sauce or garlic and parsley butter **1.50**

SUNDAYS ARE SPECIAL



Join us and enjoy a roast dinner using only the best of British Red Tractor Farm Assured meats.

TWO COURSE SUNDAY LUNCH **10.50**

Enjoy a two course traditional Sunday roast dinner by adding any pudding from our menu as your second course**

WEEKEND CARVERY **8.15**

Please ask for today's choice of roasted meats, served with homemade Yorkshire pudding, stuffing and your choice of freshly prepared vegetables and roast potatoes. Top it all off with lashings of gravy and a selection of sauces and mustards.

** Two courses must be ordered at the same time for the offer to apply.