

## Side Orders

<b>Beer battered onion rings</b> .....	£1.95
<b>Yard fries</b> .....	£1.95
<b>Cajun fries</b> .....	£1.95
<b>Garlic bread</b> .....	£1.95
<b>Side order salad bowl</b> .....	£1.95
<b>Side order stir fry bowl</b> .....	£1.95
<b>Yard slaw</b> .....	50p

## Yard puddings

### **Chilled, baked white chocolate & Penderyn whisky tart**

Served with vanilla pod ice cream or fresh cream ..... £3.95

### **Strawberry, cream cheese & vanilla parcels**

Served warm with strawberry sauce and fresh cream to dip ..... £4.25

### **Bara Brith tart**

A traditional Welsh favourite served with Welsh honey ice cream or fresh cream ..... £3.95

### **Warm Belgian waffles**

With maple syrup, roasted walnuts and vanilla pod ice cream ..... £3.95

### **A selection of Mario's ice cream**

Made in Wales from the finest cream and milk from selected Carmarthenshire farms ..... £2.95

## Natures Goodness

All our chips are "Nature's Goodness" which are water blanched and then fried in high quality vegetable oil. This results in a chip with 50% less fat, 70% less saturated fat and 30% fewer calories than ordinary chips.

Approximate weights shown are prior to cooking.  
Some products may contain nuts or nut oils.  
Fish and poultry dishes may contain bones.  
Dishes marked with a V are suitable for vegetarians.



## Breakfast

SERVED TILL 6PM

### Simple sausage or bacon butty

Served on hand sliced white or our own beer bread with fresh grilled tomato ..... £3.65

### The breakfast butty

Bacon, sausage and free range egg ..... £3.95

### The veggie breakfast butty (V)

Glamorgan sausage, grilled tomato, free range egg and mushroom ..... £3.95

### The Yard breaker

Grilled bacon, our own award winning sausages, flat mushroom, fresh grilled tomato, black pudding, fried free range eggs, toast and a mug of tea or coffee ..... £6.45

### Vegetarian Yard breaker (V)

Glamorgan sausages, potato rostis, free range eggs, flat mushroom, grilled fresh tomato, toast and a mug of tea or coffee ..... £6.45

## Filled Breads

ALL OUR SANDWICHES ARE MADE FROM HAND CUT WHITE OR OUR OWN SA BEER BREAD AND YARD FRIES

### Cheese & chutney

Choose from Colliers Welsh Cheddar, Perl Las blue or Organic Perl Wen, served with The Rev. James ale chutney ..... £5.25

### Salt beef

With Dijon mayonnaise and dill pickle ..... £5.75

### King prawn & watercress

With sweet chilli & lime dressing ..... £5.95

**Cajun spiced chicken & roasted red peppers** ..... £5.45

### Celtic Pride rump steak

With caramelised red onions and served with red Welsh mustard ..... £6.95

## Yard “Stuffed & Baked” Potatoes

**Grilled tuna & chopped spring onions in a creamy sauce** ..... £3.50

**Welsh Cheddar & cherry tomato** ..... £2.95

**Grilled chicken & bacon melt** ..... £3.25

**King prawn, crème fraîche & lime** ..... £3.75

## Burgers

ALL SERVED IN A CRUSTY ROLL WITH YARD SLAW AND WITH EITHER A CAESAR OR HOUSE SALAD OR ALTERNATIVELY CRISPY FRIES

### The Yard classic burger

Prime Celtic Pride steak burger with Halen Môn sea salt hand crafted and served with cool tomato salsa ..... £6.45

**BBQ cheese & bacon burger** ..... £7.45

### Spicy chicken burger

Chicken breast coated in Cajun spices with sliced tomato and grilled mozzarella ..... £7.45

### Spinach & lentil burger

With tomato salsa ..... £6.45

## Yard Salad Bowls ..... £2.95

If you would like low calorie dressing just ask!

### Yard house salad

Cherry tomatoes, spring onions, watercress, rocket, roast red peppers and green beans with house dressing

### Classic Caesar

Served with or without anchovies

CHOOSE A DELICIOUS TOPPING FOR JUST £2.99

### Grilled or Cajun spiced chicken

### Oven baked salmon

### Chargrilled tuna

### 4oz Celtic Pride rump steak

### Marinated grilled halloumi

## Yard Stir Fries ..... £2.99

### Yard signature

Broccoli, fennel, red onions, courgettes, red peppers, mushrooms and fresh tarragon

### Oriental noodle bowl

Noodles, red onions, yellow peppers, spring onions, beansprouts and sesame seeds

### Spicy chilli noodle bowl

Noodles with mixed peppers, shredded chillies and fresh coriander in toasted sesame oil

WHY NOT TOP WITH YOUR CHOICE OF 2 FIRE STICKS FOR JUST £2.99 EXTRA?

### Beef Teriyaki

### Lamb, garlic & rosemary

### Chicken sate

### King prawn & chilli

### Mediterranean vegetables with pesto

### Marinated halloumi, mushroom & red pepper

## Yard Fire & Stick Platters

SIZZLING MINI SKEWERS AND A LARGE BOWL OF CAJUN SPICED FRIES SERVED WITH A SELECTION OF DIPS

A SELECTION OF 6 FOR £7.50 OR 12 FOR £12.95

### Beef Teriyaki

### Lamb, garlic & rosemary

### Chicken sate

### King prawn & chilli

### Marinated halloumi, mushroom & red pepper

### Mediterranean vegetables with pesto

## The Yard Mains

### Homemade Welsh Cawl with bread & cheeseboard

The traditional lamb and root vegetable stew served with a platter of fresh bread and a “taster” of some of the finest Welsh cheeses ..... £7.45

### Homemade Shepherd’s pie

Made with minced lamb, a meal in itself served with green vegetables ..... £7.25

### Yard chunky beef chilli bowl

Spiced with cumin, oregano and ground coriander, topped with Colliers Cheddar and served with rice and tortilla chips ..... £7.95

### Chicken breast stuffed with mushrooms and Perl Las cheese

Wrapped in bacon and served with green vegetables, crispy fries or jacket potato and creamy leek sauce ..... £8.95

### Yard fish & chips

Hand battered and served with lemon, our own tartare sauce, mushy peas and fries ..... £7.25

### Carmarthenshire gammon steak

With fresh pineapple and free range eggs served with crispy fries or jacket potato ..... £8.95

## Celtic Pride Steaks

ALL OF OUR STEAKS ARE MATURED ON THE BONE FOR A MINIMUM OF 21 DAYS AND SERVED WITH GREEN VEGETABLES AND FRIES OR JACKET AND YOUR CHOICE OF SAUCE – BEARNAISE OR PEPPER

**8oz Celtic Pride rump** ..... £11.95

**8oz Celtic Pride sirloin** ..... £13.95

## Yard Skewers

OUR SPECIALITY, SERVED WITH YOUR CHOICE OF EITHER A SALAD (CAESAR OR HOUSE) OR ANY STIR FRY PLUS FRIES OR JACKET

**Chicken breast steeped in lemon & tarragon** ..... £9.50

**Lamb with rosemary & garlic** ..... £9.95

**21 day matured Celtic Pride rump steak in Welsh honey & mustard** ..... £11.95

### Seafood

Tuna, salmon and king prawn marinated in lime, ginger, chilli and garlic ..... £10.95

**Mediterranean vegetables marinated in garlic & basil (V)** ..... £6.95

**Marinated halloumi with red peppers & sweet chilli dressing (V)** ..... £7.95

**Welsh cheese sharing slate** ..... £7.95

**Our cheese slate served with two 175ml glasses of CYT Merlot** ..... £11.95