

Desserts

- Baked raspberry cheesecake** – Served with fresh cream or vanilla pod ice cream£4.25
- Strawberry & white chocolate gateau** – A fresh, moussey gateau served with fresh cream or vanilla pod ice cream£4.25
- Black berry & almond pudding** – Made with a dash of Welsh Mountain liqueur and served with custard, vanilla pod ice cream or fresh cream.....£4.50
- Mario's ice creams** – Made over three generations to a traditional Italian recipe. Mario's ice cream combines the finest milk & cream from selected Carmarthenshire farms to create the ultimate ice cream indulgence.....£3.50
- White & dark chocolate sundae** – A delicious mixture of white chocolate, dark chocolate & vanilla pod ice creams & chocolate sauce.....£3.95
- Lemon & mandarin sorbet** – A duo of delicious sorbets as a light & refreshing alternative to clear the palate.....£3.75
- Welsh cheese 'Wales at it's best'** – Selection of fine Welsh cheeses, biscuits & roasted onion compote.....£5.25

Fairtrade Coffees

We are proud to serve a full range of Puro Fairtrade freshly ground coffees. In addition to being Fairtrade and Organic certified, Puro is also helping to protect the land. For every kg of Puro Fairtrade coffee espresso beans sold, Puro gives money to buy and protect areas of rainforest in South America.

Choose from:

- Espresso
- Double Espresso
- Cappuccino
- Latte
- Americano

Sunday Roasts

Please see our specials menus or ask a member of the team for details of our delicious Sunday roasts.

Free WiFi available here

C = Also available as child's portion V = Suitable for vegetarians

All items subject to availability. Some of our products may contain nuts or nut oils.
Fish and poultry dishes may contain bones.
Approximate weights shown are prior to cooking.



Aubrey Arms, Bonvilston, Cardiff CF5 6TQ
Tel: 01446 781210

THE AUBREY ARMS BONVILSTON



Starters

- King prawn cocktail** – King prawns in a citrus mayonnaise sauce served on fresh rocket with rustic bread & fresh lemon..... £5.45
- Venison paté** – Terrine of venison & pork served with roasted onion compote, rocket and crusty beer bread£4.95
- v **Breads, oils & olives** – Finest olive oil & balsamic vinegar, mixed olives & a selection of fresh breads to dip..... £2.95
- v **Wild mushroom & baby spinach croûte** – Pan fried wild mushrooms in garlic butter with wilted spinach leaves served on a rustic bread croûte..... £4.25
- Chef’s soup of the day** – A generous bowl of homemade soup served with our own crusty beer bread and butter £3.25

Antipasto Platters

- Meat plate** – Milano salami, Bresaola, Parma ham, mixed olives, sundrenched cherry tomatoes, capers, Pwll Mawr cheese, virgin olive oil & balsamic vinegar, rocket & grilled bread..... £5.95
- v **Vegetarian plate** – Roasted red peppers, mozzarella cheese, roasted garlic, mixed olives, sundrenched cherry tomatoes, capers, Pwll Mawr cheese, virgin olive oil & balsamic vinegar, rocket & grilled bread..... £5.25

Lighter Bites

- Hand carved ham ploughman’s** – Prime honey roast ham, pickled onions, date & fig chutney, fresh chunks of our own SA beer bread & butter and fresh apple £6.95
- v **Welsh cheese ploughman’s** – Served with pickled onions, date & fig chutney, fresh chunks of our own SA beer bread & butter and fresh apple. Choose from our Welsh cheese selection* on opposite page..... £6.95
- c **Celtic Pride Welsh burger** – A chargrilled 6oz prime beefburger served in a rustic cob with plum tomato and red onion served with homemade coleslaw, fries & mixed leaves. Choose from plain, or a topping of Monterey Jack & jalapeno peppers or four cheese & chive..... £6.50
- c **Free-range cajun chicken burger** – A 7oz chargrilled free-range chicken breast topped with tomato, coriander & lime salsa, served in a rustic cob with homemade coleslaw, fries & mixed leaves £7.95

Filled Breads

Choose from rustic handcrafted brown or white baguette or our own SA beer bread. All served with mixed leaves and fries.

- v **Welsh cheese and rocket leaves served with date & fig chutney** Choose from our Welsh cheese selection* on opposite page..... £5.25
- Chicken BLT** – Grilled free-range chicken, crisp smoked bacon, lettuce, tomato & mayonnaise..... £5.95
- Blackened tuna** – With cucumber, crème fraîche and dill dressing..... £5.25
- Honey roast Celtic ham** – Served with red Welsh mustard £4.75
- Celtic Pride steak sandwich** – A 4oz chargrilled Celtic Pride rump steak topped with caramelised fried onions and rocket..... £6.45
- Smoked salmon & crème fraîche** – Served with black pepper & fresh lemon..... £5.95

Freshly Baked Jacket Potatoes

Served with house salad.

- v **Spicy bean casserole** – With lemon & chive crème fraîche..... £5.45
- King prawn & citrus mayonnaise**..... £5.95
- v **Melted Welsh cheeses served with date & fig chutney** Choose from our Welsh cheese selection* on opposite page..... £5.25
- Blackened tuna** – With cucumber, crème fraîche and dill dressing £5.25

Mains

- c **Brains beer battered haddock** – Prime haddock fillet, deep fried in our own ale batter served with minted mushy peas, tartare sauce, fries and fresh lemon £7.50
- Rump of lamb** – Served with a red wine, rosemary & redcurrant jus and your choice of potatoes of the day and market fresh vegetables £10.95
- c **Lemon chicken** – Grilled free-range chicken breast marinated in lemon and garlic and topped with a zesty citrus butter. Served with your choice of potatoes of the day and house salad or market fresh vegetables..... £9.95
- Shetland salmon** – Poached salmon fillet served with Béarnaise sauce and your choice of potatoes of the day and house salad or market fresh vegetables£9.95
- c **Hand carved Celtic ham** – Served with a brace of free-range eggs, fresh pineapple and fries.....£6.25
- c **The sausage pot** – Please see specials attached for today’s selection. We are proud to offer a variety of premium Welsh sausages including our award winning pork, leek & Caerphilly cheese sausage. Served on a bed of creamy mash with sweet onion gravy & crispy fried red onions £6.95
- v **Spring veg risotto** – Creamy Italian classic served with rocket, basil oil & rustic bread£8.75
- v c **Four cheese Tortellini** – Tender Tortellini stuffed with fine Italian cheeses, tossed with sundrenched cherry tomatoes and olive oil and finished with torn basil leaves, served with house salad & rustic bread£8.95
- c **Tuna Niçoise** – Fresh leaves, fine green beans, olives, tomatoes, new potatoes & red onion, all tossed in a tangy French dressing & topped with hard boiled egg & a succulent tuna steak cooked medium rare£8.45

Celtic Pride Premium Welsh Beef

Wales’ premier branded beef produced from cattle born, reared and processed in Wales on Farm Assured holdings to meet the highest standards of quality, health, taste & flavour. All our Celtic Pride beef is dry matured for a minimum of 21 days. The cattle are reared in an environment where grass & other home grown feeds form part of the animal’s lifetime diet.

- c **8oz Celtic Pride rump** – Chargrilled to your liking and served with herb butter, grilled plum tomato, flat mushroom, rocket, onion rings & your choice of today’s potatoes..... £9.95

Why not try one of our delicious sauces to complement your steak?.....all £1.50
Creamy peppercorn, blue cheese & mushroom or red wine

Sides (all £1.50)

- Bowl of fries
- Pan fried mushrooms
- Garlic bread
- Beer battered onion rings
- Seasonal vegetables
- House salad
- Buttered new potatoes
- Homemade coleslaw

*Welsh Cheese Selection

Pwll Mawr – Mature Welsh Cheddar (matured 300ft below ground in the shaft of Big Pit in Blaenavon)

Dragon’s Breath – Welsh Cheddar blended with chilli mustard and our own Brains ale

Creamy Perl Wen – A mould ripened semi-soft cheese combining both brie and Caerphilly characteristics

Perl Las – A blue veined soft Welsh cheese