



**FORAGE**  
EST 2020  
FARM SHOP & KITCHEN



## SUNDAY LUNCH MENU 2022

### Starters

Truffle and Wild Mushroom Arancini £6.95 V  
Crispy Leeks, Garlic Aioli

Seasonal Soup of the Day £5.95 V  
Bread and Butter

### Mains

Roast Beef £13.95  
Please ask for today's roasting cut  
Penllyn Estate Reared Angus Beef, Roast potatoes, Seasonal Vegetables, Yorkshire Pudding, Horseradish Sauce, Red Wine Gravy

Roasted Loin of Pork £13.50  
Traditional Welsh Pork, Crackling, Sage and Onion Stuffing, Roast Potatoes, Seasonal Vegetables, Red Wine Gravy

Nut Roast £12.50 V  
Cranberry Sauce, Apricot Stuffing, Roast Potatoes, Seasonal Vegetables, Vegetable Gravy

Pan Fried Fillet of Sea Bass £16  
Herb Crushed New Potatoes, Dylan's Pickled Samphire, Lemon and Chive Beurre Blanc

### Desserts

Traditional Bread and Butter Pudding £5.95  
Crème Anglaise

Sticky Toffee Pudding £5.95  
Salted Butterscotch Sauce, Mario's Vanilla Ice Cream

Apple and Blackberry Crumble £5.95  
Crème Anglaise

[www.foragefarmshop.co.uk](http://www.foragefarmshop.co.uk)

Produce from the Penllyn Estate

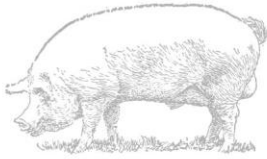
Products available in Forage Farm Shop

**(V) Vegetarian**    **Please inform a member of staff of any dietary requirements.**    **(VG) Vegan**

N.B. While we do our utmost to accommodate dietary requirements, we do use gluten, nuts and animal produce in our kitchen and cannot 100% guarantee no cross-contamination.

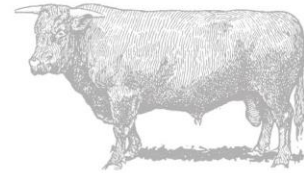


## PENLLYN ESTATE PRODUCE



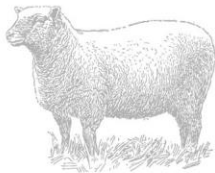
### OUR PORK

The pigs reared on Penllyn Estate Farm are a traditional Welsh breed, curiously named the Welsh Pig. This hardy pig can be traced back to an indigenous white, lop-eared breed, kept in Wales for as long as records have existed. The pigs spend much of the year on dedicated grass paddocks, with shelters for the inclement weather.



### OUR BEEF

Our beef comes from our herd of Aberdeen Angus cattle. Renowned for their high quality meat, intense marbling and flavour, the cattle are reared for 12-18 months on Penllyn Estate Farm. They are grass fed throughout the summer months and supplemented with home produced forage throughout the winter. Regular and prime cuts are hung for a minimum of 28 days to enhance flavour and tenderness.



### OUR LAMB

Our lamb derives from our flock of Suffolk and Romney ewes. The ewes have a staggered lambing period to take advantage of new season grass growth throughout the year. The flock is grass fed all year round and supplemented with root crops and clover leys where necessary.



### OUR EGGS

Our eggs come from our free-range brood of Lohmann Brown chickens, who enjoy pottering about over 12 hectares of grass pasture and newly planted woodland.

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## AVAILABLE TO PURCHASE

The meat served in our restaurant is available to purchase at our renowned butchers' counter. Our Free Range Eggs are also available in the shop.

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