



**FORAGE**  
EST 2020  
FARM SHOP & KITCHEN



## WINTER MENU 2022

Soup of the Day £8.95 V  
Bread and Butter

Glazed Short Rib Of Beef £16.50

Penllyn Estate Aberdeen Angus, Smoked Garlic Mash, Bacon, Shallot & Wild Mushroom Sauce

Smoked Asian Pork Belly £15.50

Traditional Welsh Pork, Cavallo Nero, Stem Ginger, Spiced Pork Crackling, Happy Gutz KimchiKraut, Korean BBQ Sauce

Fish and Chips £14.50

Tiny Rebel Beer Battered Cod, Triple Cooked Chips, Tartar Sauce, Pea Purée, Lemon

Beef Burger £16

Penllyn Estate Aberdeen Angus, Teifi Organic Halloumi, Oak Smoked Maple Bacon, Welsh Homestead Smokery Smoked Chilli and Mango Jam, Brioche Bun, Triple Cooked Chips

Spicy Penllyn Estate Pumpkin, Butternut Squash and Butterbean Burger £14.50 V

Cucumber, Do Goodly Beetroot Borani, Brioche Bun, Triple Cooked Chips

Smoked Lamb Flatbread £15

Penllyn Estate Lamb, Tzatziki, Peli Mewn y Biau Chili Goats Cheese, Cucumber, Chilli, Pomegranate

Warm Butternut Squash Salad £13.50 VG

Cavolo Nero, Fresh Chilli, Pomegranate Seeds, Red Onion, Giant Cous Cous, Toasted Almonds

Add Chicken Breast £3 Add Teifi Organic Halloumi £2.5

Cajun Chicken Salad £14

Cucumber, Pickled Red Cabbage, Avocado, Dressed Leaves, Stem Ginger, Pomegranate Seeds, Pumpkin Seeds, Luchito Mexican Chipotle Mayonnaise

Warm Jerusalem Artichoke Salad £13.50 VG

Purple Sprouting Broccoli, Spinach, Pecan and Lentils

### SIDES

Tripled Cooked Chips £3.50 V

Parmesan Fries, Welsh Homestead Smokery Seaweed, Dijon Mustard Mayonnaise £5.50

Seasonal Buttered Greens £3 GF V

Rosemary & Paprika Teifi Organic Halloumi Fries with Chipotle Mayonnaise £8 V

### SANDWICHES & WRAPS

*Served on Sourdough, Country Tin, Gluten Free Bread or in a Wrap*

Cajun Chicken, Garlic Aioli, Red Onion, Welsh Homestead Smokery Smoked Chilli and Mango Jam, Lambs Lettuce £8

Angiddy Brie, Avocado, Rocket, Tomato, Balsamic Glaze £7 V

Toasted Honey Glazed Ham and Mozzarella, Tomato and Basil Pesto £7.50

Roasted Butternut Squash, Do Goodly Beetroot Borani, Spinach, Red Onion Marmalade £7 VG

[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**

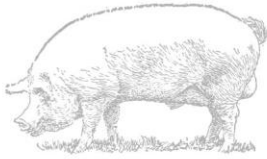
N.B. While we do our utmost to accommodate dietary requirements, we do use gluten, nuts and animal produce in our kitchen and cannot 100% guarantee no cross-contamination.



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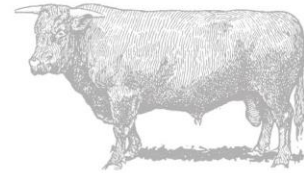
## PENLLYN ESTATE PRODUCE

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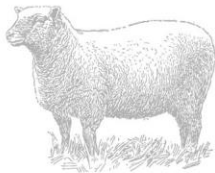
### OUR PORK

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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