



~~~~~Starters~~~~~

Chefs Homemade Soup (V, VE– CL, L, MU)

Warm Sourdough Bread

Chicken Liver and Blackcurrant Pâté (D, SD)

With Caramelised Red Onion Chutney and Toasted Crostini's

Dragons Breath Stuffed Arancini (D, CL, SD)

Served with Tomato Fondue and a Cheese Crisp

Black Bomber Welsh Rarebit Cheese Bake for 2 (D, L)

Served with a Selection of Breads

Pembrokeshire Chilli Farm Chipotle Hot Wings (SD, SS)

Served with a Perl Las Dip

Smoked Cod Chorizo and Welsh Cheddar Croquettes (F, D, SD)

Served with Homemade Aioli

Blas Grazing Board (CL, D, MU, SD, N, SS, L)

Selection of Sliced Meats, Mini Mozzarella, Grapes, Olives, Selection of Crudités, Flavoured Bread, Crackers and Dips

~~~~~Salads~~~~~

Blas House Salad (GF - E, D, MU)

Hen Boiled Egg, Cheddar Cheese, Crispy Bacon, Red Onion, Tomato, House Dressing

Warm Winter Salad (V – D, N, SS, P)

Mixed Leaves, Spinach, Roasted Beets, Roasted Butternut Squash, Grilled Tender Stem, Charred Halloumi, Grains, Nuts and Seeds

Add Chargrilled Chicken Breast to your Salad £7.95

~~~~~Mains~~~~~

Pressed Lamb Shoulder (GF – C, D, SD)

With Roast Potatoes, Stock Pot, Carrots, Red Cabbage Puree and Red Wine Jus

Pan Seared Fillet of Salmon (GF - D, F)

With Sautéed Leeks, Peas, Smoked Pancetta with White Wine Cream Reduction and Twice Roasted New Potatoes

Chicken Ballotine (D, SD)

Stuffed with Sage Stuffing, with Smokey Mashed Potatoes and a Wild Mushroom Sauce

Pan Seared Duck Breast (GF – D, SD)

With Sweet Potato Mash, Sautéed Fine Beans and Port Jus

~~~~~Blas Classics~~~~~

V-Vegetarian, VE – Vegan, GF – Gluten Free, **Contains:** CL-Celery, CR-Crustaceans, E-Egg, F-Fish, L-Lupin, D-Dairy, ML-Mollusc, MU-Mustard, N-Nuts, P-Peanuts, SS-Sesame Seeds, SB-Soya, SD-Sulphur Dioxide

Traditional Fish & Chips (F, D, SD, D, E)

With Minted Garden Peas and Homemade Tartar Sauce

Steak and Welsh Ale Pie (E, L, D, SD)

With Mashed Potato and Summer Vegetables

Gammon Steak (GF – E, SD)

With Fried Egg, Garden Peas and Chunky Chips

Chefs Curry of the Day (CL, L, D, SD)

With Coconut and Chilli Rice, Garlic Flat Bread and Mango Chutney

~~~~~Off the Grill~~~~~

Lamb and Mint Burger (SD, D, MU, E, SS, SB)

In a Toasted Brioche Bun, Curly Endive Lettuce, Beef Tomatoes, Dijon Mayo, Crispy Onions, Skin on Fries and Chef's Winterslaw

Celtic Pride Beef Burger (E, L, D, MU, SD, SS, SB)

In a Toasted Brioche Bun, Curly Endive Lettuce, Beef Tomato, Dijon Mayo, Crispy Onions, Skins on Fries and Chefs Winterslaw

Homemade Buttermilk Chicken Burger (E, L, D, MU, SS, SB)

In a Toasted Brioche Bun with Chipotle Hot Sauce, Skin on Fries and Chef's Winterslaw

Add Fried Egg, Bacon or Cheese for **£1.25** Per Item to any Burger

10oz Bone in Leg of Lamb Steak (GF)

Confit Vine Tomatoes, Field Mushroom, Chunky Chips and Pea Shoots

8oz Grass Fed Ribeye Steak (GF)

Confit Vine Tomatoes, Field Mushroom, Chunky Chips and Pea Shoots

10 oz Sirloin Steak (GF)

Confit Vine Tomato, Field Mushroom, Chunky Chips and Pea Shoots

Marinated Pembrokeshire Chilli, Garlic and Ginger Butterfly Chicken Breast (E, M)

Skinny Fries and Chef's Winterslaw

~~~~~Side Orders~~~~~

Pancetta Parmesan Truffle Fries (GF, D)

Creamy Mashed Potato (SD,D)

Sweet Potato Fries (GF)

Chunky Chips (GF,V)

Rosemary Salted Skin on Fries (GF – V)

Peppercorn Sauce (L,SD)

Red Wine Jus (GF – L,SD)

Diane Sauce (CL,D,MU,SD)

Bearnaise Sauce (CL,D,MU,SD)

Winterslaw (E, MU)

Mixed Vegetables (GF)

Garlic Ciabatta (L,SD)

Blue Cheese Sauce (GF – D)

Onion Rings (V – E,L,D)

Side Salad (GF)

All Side Orders £4.25 each or 3 for £11.00

~~~~~*Sandwich Option*~~~~~

**Tuna Mayonnaise** (E, F, L, D)

**Ham Salad** (L)

**Cheese and Red Onion Chutney** (D, L, SD)

**Classic BLT** (E, MU, SD, L)

Bacon, Lettuce and Tomato

**Chicken Club** (E, MU, L, SD)

Chicken, Bacon, Lettuce, Tomato and Dijon Mustard (GF+)

All Served in a Baguette or Bloomer Bread with a Salad Garnish and Real Crisps (GF+)

Upgrade to Chunky Chips for £1.50

~~~~~*Desserts*~~~~~

Pumpkin Spiced Crème Brulee (D, E, L)

With a Shortbread Biscuit

Sticky Toffee Pudding (D, E, N, L)

With a Lashing of Toffee Sauce and Honeycomb Ice Cream

Cherry and Almond Cheesecake (N, D, SB)

With a Fresh Fruit Coulis

Caramel Apple Cobbler (D, SB, N)

With Daffodil Clotted Cream

Chocolate and Hazelnut Bread and Butter Pudding (N, D, SB, E)

With Vanilla Crème Anglaise

Selection of Mario Ice Creams and Sorbets (V,GF – E, D, N, P, SB, SD)

Selection of Welsh Cheeses, Grapes, Chutney, Celery and Crackers (V – CL, E, L, D, MU, N, P, SS, SD)

~~~~~*Hot Beverages*~~~~~

|                 |       |               |       |
|-----------------|-------|---------------|-------|
| Tea Selection   | £2.80 | Mocha         | £3.75 |
| Cappuccino      | £3.75 | Flat White    | £3.50 |
| Café Latte      | £3.50 | Hot Chocolate | £3.75 |
| Single Espresso | £3.00 | Americano     | £3.50 |
| Double Espresso | £3.50 | Coffee Cream  | £3.50 |



## Vegan and Vegetarian Menu

### ~~~~~ Starters ~~~~~

**Chefs Homemade Soup** (V, VE – CL, L, MU)

Vegan Cheese Fritter, Sourdough Bread

**Deep Fried Halloumi** (V – D, SB, SD)

With a Sweet Chilli Dip

**Sweet Potato Bites** (V, VE – CL, MU, N, SS, SD)

Rocket and Mint Yoghurt Dip

### ~~~~~ Mains ~~~~~

**Butternut Squash and Pumpkin Risotto** (GF, V, VE – CL, SD)

With Halloumi Shavings and Crisp Rocket Leaves

**3 Bean Chilli** (GF, V, VE – CL, L, MU, N, P, SD)

Served with Rice and a Toasted Flatbread

**Pea and Mint Falafel Burger** (V, VE – CL, MU, N, P, SS)

With Guacamole and Sweet Potato Fries

### ~~~~~ Desserts ~~~~~

**Chocolate and Clementine Torte** (V, VE, GF – N, P, SD, SB)

Served with a Blood Orange Sorbet

**Salted Caramel Cheesecake** (V, VE, GF – N, P, SD, SB)

Served with a Salted Caramel Sauce

**Bakewell Tart** (V, VE – N, P, SD, SB)

With a Vegan Raspberry Ripple Ice Cream

**Selection Ice Creams and Sorbets** (V – E, D, N, P, SD, SB)