

~~~~~Starters~~~~~

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| <b>Chefs Homemade Soup</b>                                                                                     | £6.95                       |
| Warm Homemade Focaccia                                                                                         |                             |
| <b>Potted Pork Rilette</b>                                                                                     | £7.95                       |
| With apple puree, black pudding crumble and toasted homemade crostini's                                        |                             |
| <b>Wild Mushroom and Perl Las Ravioli</b>                                                                      | £8.95                       |
| Served with pickled mushrooms and white truffle oil                                                            |                             |
| <b>Grilled Asparagus Wrapped in Parma Ham</b>                                                                  | £8.95                       |
| Served with a soft hen's egg and a hollandaise sauce                                                           |                             |
| <b>Penderyn BBQ Pork Belly Bites</b>                                                                           | £8.50                       |
| Served with a Welsh hot honey sauce                                                                            |                             |
| <b>Crab and Avocado Tian</b>                                                                                   | £9.50                       |
| Served with a chilli and roasted red pepper puree                                                              |                             |
| <b>Blas Grazing Board</b>                                                                                      | £13.95 for 1 / £25.95 for 2 |
| Selection of sliced meats, mini mozzarella, grapes, olives, selection of crudites, focaccia, crackers and dips |                             |

~~~~~Mains~~~~~

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| Blas House Salad | £15.95 |
| Boiled hens egg, cheddar cheese, crispy bacon, red onion, tomato, house dressing | |
| Superfood Salad | £17.95 |
| Baby spinach, curly kale, roasted beets and squash, grilled asparagus, mixed seeds and nuts | |
| Wild Mushroom Tagliatelle | £17.95 |
| Served with tarragon oil and crisp rocket | |
| Add Chargrilled Chicken Breast or Cod Fillet to your Salad or Pasta £7.95 | |
| 8oz Rump of Welsh Lamb | £27.95 |
| With dauphinoise potato, grilled asparagus, heritage carrots and a minted lamb jus | |
| Pan Seared Fillet of Seabass | £24.95 |
| With potato cake, charred fennel, samphire, caper and lemon dressing | |
| Pan Seared Duck Breast | £24.95 |
| With sweet potato mash, sauteed fine beans, heritage carrots and port jus | |



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

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| <b>Traditional Fish &amp; Chips</b><br>With minted garden peas and a homemade tartar sauce    | <b>£17.95</b> |
| <b>Steak and Welsh Ale Pie</b><br>Mashed potato and summer vegetables                         | <b>£18.95</b> |
| <b>Gammon Steak</b><br>Fried egg, garden peas and chunky chips                                | <b>£17.95</b> |
| <b>Chefs curry of the Day</b><br>Coconut and chilli rice, garlic flat bread and mango chutney | <b>£17.95</b> |

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

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| Lamb and Mint Burger
In a toasted brioche bun, curly endive lettuce, beef tomato, dijon mayo, crispy onions, skin on fries and chef's homemade slaw | £17.95 |
| Celtic Pride Beef Burger
In a toasted brioche bun, curly endive lettuce, beef tomato, dijon mayo, crispy onions, skin on fries and chef's homemade slaw | £17.95 |
| Homemade Buttermilk Chicken Burger
In a toasted brioche bun with chipotle hot sauce, skin on fries and chef's homemade slaw | £18.95 |
| Add Fried Egg, Bacon or Cheese for £1.25 per item to any burger | |
| 8oz Grass Fed Ribeye Steak
Confit vine tomatoes, field mushroom, chunky chips and pea shoots | £26.95 |
| 10 oz Sirloin Steak
Confit vine tomatoes, field mushroom, chunky chips and pea shoots | £29.95 |
| Blas Butchers Block (choice of 4 sides)
8oz rib eye steak, gammon steak, cajun chicken breast, pork and leek sausages, fried eggs, confit vine tomato, field mushroom | £64.95 |
| Blackened Cajun Chargrilled Chicken Breast
Skinny fries and chef's homemade slaw | £21.95 |

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

|                                 |                   |                  |
|---------------------------------|-------------------|------------------|
| Pancetta Parmesan Truffle Fries | Peppercorn Sauce  | Mixed Vegetables |
| Rosemary Salted Skin on Fries   | Port Wine Jus     | Garlic Ciabatta  |
| Sweet Potato Fries              | Diane Sauce       | Side Salad       |
| Chunky Chips                    | Blue Cheese Sauce | Onion Rings      |

All Side Orders £4.25 or 3 for £11

For any allergens please speak to a member of the team



~~~~~Desserts~~~~~

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| Red Berry Crème Brulé
With a shortbread biscuit | £7.50 |
| Warm Rich Chocolate Fondant
With Welsh gold vanilla Ice Cream | £8.25 |
| White Chocolate and Lemon Cheesecake
With a fresh fruit coulis | £7.95 |
| Warm Apple and Cinnamon Crumble
With vanilla bean cream anglaise | £6.95 |
| Elderflower Panna cotta
With wafer biscuits | £6.95 |
| Selection of Mario Ice Creams and Sorbets | £5.95 |
| Selection of Welsh Cheeses, Grapes, Chutney, Celery and Crackers | £10.95 |

~~~~~Port and Dessert Wines~~~~~

| Port                    | 100ml | Bottle | Dessert Wine                    | Glass | Bottle |
|-------------------------|-------|--------|---------------------------------|-------|--------|
| Grahams Fine White Port | £5.60 | £35.00 | Torres Floralis                 | £5.95 | £25.00 |
| Grahams LBV Port        | £6.90 | £43.00 | Hermanos Torrontes Late Harvest | £6.95 | £26.00 |
| Grahams Fine Ruby Port  | £5.90 | £37.00 |                                 |       |        |

~~~~~Hot Beverages~~~~~

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|-----------------|-------|---------------|-------|
| Tea Selection | £2.90 | Mocha | £3.85 |
| Cappuccino | £3.85 | Flat White | £3.60 |
| Café Latte | £3.60 | Hot Chocolate | £3.85 |
| Single Espresso | £3.10 | Americano | £3.60 |
| Double Espresso | £3.60 | Coffee Cream | £3.60 |

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

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| <b>Egg and Cress</b> | £8.95 |
| <b>Ham Salad</b>     | £8.95 |
| <b>Cheese Savory</b> | £8.95 |

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|---------------------------------------------|--------|
| <b>Fish Goujon</b>                          | £12.95 |
| Homemade tarter Sauce on a toasted ciabatta |        |

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|---------------------------------------------------|--------|
| <b>Chicken Club</b>                               | £15.95 |
| Chicken, bacon, lettuce, tomato and dijon mustard |        |

All Served in a Baguette or Bloomer bread with a Salad Garnish and Real Crisps  
Upgrade to Chunky Chips for £1.50

**Vegan and Vegetarian Menu**

~~~~~*Starters*~~~~~

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| Chefs Homemade Soup | £6.95 |
| Vegan Cheese Fritter, Sour Dough Bread | |

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|----------------------------|-------|
| Deep Fried Halloumi | £7.45 |
| With a sweet chilli dip | |

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|-----------------------------|-------|
| Sweet Potato Bites | £8.45 |
| Rocket and Mint Yoghurt Dip | |

~~~~~*Mains*~~~~~

|                                            |        |
|--------------------------------------------|--------|
| <b>Pea and Asparagus Risotto</b>           | £21.45 |
| With vegan cheese and crisps rocket leaves |        |

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|------------------------------------------|--------|
| <b>3 Bean Chilli</b>                     | £18.45 |
| Served with rice and a toasted flatbread |        |

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|---------------------------------------|--------|
| <b>Pea and Mint Falafel Burger</b>    | £17.45 |
| With guacamole and sweet potato fries |        |

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

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|---------------------------------------|-------|
| Chocolate and Clementine Torte | £7.45 |
| Served with a blood orange sorbet | |

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|------------------------------------|-------|
| Salted Caramel Cheesecake | £7.45 |
| Served with a salted caramel sauce | |

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| Selection Ice Creams and Sorbets | £5.95 |
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