

Starters

Chef’s Homemade Soup	£6.95
With Warm Freshly Baked Bread	
Crispy Chicken Satay	£8.95
With Cucumber Relish and Peanut Sauce	
Chicken Wings	£7.95
With Spring Onions and Per Las Cheese dipping Sauce	
Cantaloupe Melon, Buffalo Mozzarella and Carmarthen Ham Salad	£9.95
With Honey Mustard Dressing	
Sweetcorn Fritter	£7.95
With Chermoula Dip	
Smoked Salmon Roulade	£10.95
With Dill and Crème Fraiche, Salmon Caviar, Lemon Dressing	
Diamond Cut Squid	£8.95
Salt and Pepper, Parsley, Lemon, Chilli and Garlic Oil	
Blas Grazing Board	£13.95 for 1
Selection of Sliced Meats, Mini Mozzarella, Grapes, Olives, Selection of Crudités, Focaccia, Crackers and Dips	

Mains

Blas House Salad	£17.95
Boiled Hens Egg, Cheddar Cheese, Crispy Bacon, Red Onion, Tomato, House Dressing	
Noodle Bowl, Vegetable Broth, Runny Egg	£19.95
Pak Choi, Spring Onions, Bean Sprouts, Carrots, Sesame Oil	
<u>Add Chargrilled Chicken Breast for £7.95 to your Salad or Noodle Bowl</u>	
Roasted Butter Chicken Supreme	£23.95
Rosti Potato, Seasonal Vegetables, Sage and Onion Jus	
Marinated Moroccan Lamb Rump	£28.95
Giant Cous -Cous, Charred Baby Vegetables, Mint and Lime Dressing	
Fillet of Sea Bass	£25.95
Roasted new Potatoes, Seasonal Vegetables, Lemon and Garlic Sauce	
Duck Breast Confit	£28.95
Fondant Potato, Seasonal Vegetables and Cherry Jus	

Blas Classics

Traditional Fish & Chips	£18.95
With Garden Peas, Homemade Tartar Sauce	
Locally Sourced Pork and Leek Sausage	£17.95
With Creamy Mashed Potato, Caramelised Onion Gravy	
Chef’s Curry of the Day	£18.95
With Coconut and Chilli Rice, Garlic Flat Bread, Mango Chutney	
Roasted Ham	£17.95
With Fried Eggs and Chunky Chips	
Pulled Pork and Chorizo Ragu Tagliatelle	£19.95
With Basil Oil and Fresh Parmesan	
Beef and Ale Pie	£19.95
With Creamy Mashed Potato and Seasonal Vegetables	

Off the Grill

8oz Grass-Fed Ribeye Steak	£27.95
With Confit Vine Tomatoes, Field Mushroom, Chunky Chips, Pea Shoots	
10oz Sirloin Steak	£29.95
With Confit Vine Tomatoes, Field Mushroom, Chunky Chips, Pea Shoots	
Blas Mixed Grill	£32.95
Beef Steak, Lamb Chop, Pork Loin, Gammon Steak, Sausage, Fried Egg, Grilled Tomato, Grilled Mushroom, Chips	
Cajun Chicken Skewers	£22.95
With Cous-Cous and Chunky Chips	

Sides

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

£4.95 per Item
or
3 for £12.95

Sandwiches and Burgers

Welsh Mature Cheddar Savory	£8.95
Mozzarella, Tomato, Red Onion, Rocket and Basil Pesto	£8.95
Roasted Ham, Welsh Mature Cheddar and Tomato	£10.95
Roast Chicken Coronation	£10.95
Tuna Crunch, Red Onion, Mayonnaise	£10.95
Deli Cured Meats, Mozzarella, Baby Gem, Tomato, Olives and Basil Pesto	£13.95

All Served in a Ciabatta or Bloomer Bread with a Side Salad Garnish, Coleslaw and Real Crisps.
Upgrade to Skin on Fries for £2.50

Chicken Club	£16.95	Fish Goujons	£14.95
Served on Triple Toasted Bloomer Bread with Bacon, Lettuce, Tomato, Hard Boiled Egg, Mayonnaise		Served in a Ciabatta with Baby Gem Lettuce, Homemade Tartar Sauce	
Chicken Tikka	£14.95	Pulled Pork	£15.95
Served on an Open Naan Bread with Baby Gem Lettuce, Pickled Red Onions, Mint Yoghurt		Served in a Ciabatta with Caramelised Onions, Smoked Cheddar, Apple Compote	

All Served with a Side Salad Garnish, Coleslaw and Skin on Fries

Roots and Bean Burger	£17.95	Blas Chicken Burger in Panko Crumb	£18.95
In a Brioche Bun, Baby Gem Lettuce, Tomato, Crispy Onions, Spicy Relish, Coleslaw and Skin on Fries		Served in a Ciabatta with Baby Gem Lettuce, Gochujang Sauce, Coleslaw and Skin on Fries	
Celtic Pride Beef Burger	£17.95	The Ultimate Beef Burger	£20.95
In a Brioche Bun, Baby Gem Lettuce, Tomato, Crispy Onions, Dijon Mayo, Coleslaw and Skin on Fries		In a Brioche Bun, Pulled Pork, Caramelised Onions, Sautéed Mushrooms, Beef Dripping Sauce and Skin on Fries	

Add a Fried Egg, Bacon or Cheese for £1.50 per Item to any Burger

Sides	Pancetta Parmesan Truffle Fries	Peppercorn Sauce	Mixed Vegetables	£4.95 per Item or 3 for £12.95
	Rosemary Salted Skin on Fries	Port Wine Jus	Garlic Ciabatta	
	Sweet Potato Fries	Diane Sauce	Side Salad	
	Chunky Chips	Blue Cheese Sauce	Onion Rings	

Vegan and Vegetarian Menu

Chef's Homemade Soup £6.95
With Warm Freshly Baked Bread

Deep Fried Halloumi £8.95
With a Sweet Chilli Dip

Sweet Potato Bites £7.95
With Rocket and Mint Yoghurt Dip

Stuffed Aubergine £21.95
With Vegan Cheese and Ratatouille
and Cous-Cous

Three Bean Chilli £18.95
With Rice and a Toasted Flatbread

Pea and Mint Falafel Burger £17.95
With Guacamole and Sweet Potato Fries

Chocolate and Clementine Torte £7.95
With a Blood Orange Sorbet

Salted Caramel Cheesecake £7.95
With a Salted Caramel Sauce

Selection of Ice Creams and Sorbets £6.50
Please ask your server for more information on flavors

Sides

Pancetta Parmesan Truffle Fries
Rosemary Salted Skin on Fries
Sweet Potato Fries
Chunky Chips

Peppercorn Sauce
Port Wine Jus
Diane Sauce
Blue Cheese Sauce

Mixed Vegetables
Garlic Ciabatta
Side Salad
Onion Rings

£4.95 per Item
or
3 for £12.95

For any allergens, please speak to a member of the team

Dessert Menu

Summer Berries Crème Brulée	£8.95
Shortbread Biscuit	
Eaton Mess Cheesecake	£8.95
Meringue, Berries and Black Pepper	
Chocolate and Hazelnut Mousse	£7.95
Hazelnut Britell	
Apple Tart Tatin	£8.95
Vanilla Crème Anglaise	
Salted Caramel Choux Buns	£7.95
Caramel Sauce and Chantilly Cream	
Selection of Mario Ice Creams and Sorbets	£6.50
Selection of Welsh Cheeses, Grapes, Chutney, Celery and Crackers	£10.95

Port and Dessert Wines

	100ml	Bottle		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	£6.95	£26.00
Grahams Fine Ruby Port	£5.90	£37.00	Harvest		

Hot Beverages

Tea Selection	£3.05	Mocha	£3.95
Cappuccino	£3.95	Flat White	£3.95
Café Latte	£3.95	Hot Chocolate	£3.95
Single Espresso	£3.10	Americano	£3.70
Double Espresso	£3.60	Coffee Cream	£3.80

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