

Welcome to

# THE SIX BELLS

Penmark  
*Village Pub & Restaurant*

*Food served Tuesday to Saturday, 12noon – 2.30pm & 6pm – 9pm*

We pride ourselves on being “Farm to Fork” and are committed to keeping our food miles as low as possible. Our meat is personally selected by **The Farmers Pantry Butcher**, and predominately sourced from Rose Dew Farm in the **Vale of Glamorgan**. Farmers Pantry is leading The Real Food Revolution. They provide our Chefs with the best grade Beef, Pork & Lamb sourced from farms of distinction, whose farmers work to exacting standards to rear the best possible animals under strict welfare and husbandry rules. The livestock is not only grazed on the most fertile pastures Wales has to offer but is wintered on feed grown on the same pastures and land, this gives the meat its distinctive flavour and finish.



Ⓜ(v)ⓧ *Our entire menu is home cooked; changes & substitutes can be made to some dishes to accommodate intolerances i.e. gluten and coeliac diseases. Please inform your server if you suffer from a food allergy or intolerance.*

## **Lunchtime Set Menu - 2 Courses for £12**

From the dishes marked with a ✓ choose a main course and either an appetiser or dessert for only £12 per person.

*Available Lunchtimes Tuesday - Saturday*

## *Appetisers*

### **Homemade Soup of the Day ✓**

*Delicious and tasty served with a warm fresh crusty roll & butter (v).....£4.95*

### **Chicken Liver & Pork Terrine ✓**

*Rich pate served with warm toast, homemade winter berry chutney and salad .....£5.50*

### **Deep Fried Perl Wen**

*A brie-like Welsh cheese bread crumbed and deep fried accompanied with a salad garnish and a cranberry chutney (v) .....£5.50*

### **Smoked Haddock and Spring Onion Fishcake ✓**

*Pan fried and served with a sweet chili dressing and salad garnish and lemon wedge .....£5.50*

### **Prawn Cocktail**

*A classic dish of Atlantic prawns on a bed of fresh salad and topped with Marie Rose sauce .....£5.50*

### **Hot and Spicy Chicken Wings**

*Tender marinated chicken served with salad garnish and chili dipping sauce .....£5.50*

### **Bacon & Black Pudding Salad ✓**

*Warm bacon salad mixed with a boiled egg, and wholegrain mustard dressing .....£5.50*

## *Main Dishes*

### **Mediterranean Wellington**

*Mediterranean style vegetables with a creamy mozzarella sauce wrapped in puff pastry and served with seasonal salad & new potatoes (v) .....£9.50*

### **Traditional Pie of the Day ✓**

*Homemade pie served individually with seasonal vegetables and your choice of potatoes .....£9.50*

### **Homemade Lasagne**

*Delicious minced beef, pasta layers and a béchamel cheese sauce, served with a salad garnish and garlic bread .....£9.50*

### **Beer Battered Fish of the Day ✓**

*Deep fried until golden brown and served with our home cut chips and garden peas .....£9.50*

### **Curry of the Day ✓**

*Homemade and served with our home cut chips, rice and naan bread.....£9.50*

### **Whole Tail Scampi**

*Served with home cut chips and garden peas .....£9*

### **Welsh Faggots**

*Served with onion gravy, creamed potatoes and seasonal vegetables .....£9.50*

### **Boiled Ham, Egg & Chips ✓**

*Traditional home cooked ham served with a brace of fried eggs and home cut chips .....£9*

### **Supreme of Fresh Salmon**

*A mouthwatering pan fried fillet of salmon served with a citrus butter, seasonal vegetables and your choice of potatoes .....£13*

### **Mushroom and Spinach Carbonara**

*A classic Italian dish finished with fresh cream, shaved parmesan and garlic bread (v).....£9 with bacon.....£10*

## *From The Grill*

### **Confit Duck**

Served on a bed of sautéed Savoy cabbage, bacon and a sweet potato purée .....£14

### **Chicken Madeira**

A chicken breast with Madeira and mushroom sauce, served with seasonal vegetables and your choice of potatoes .....£11

### **Rump of Welsh Lamb**

Served with a Parisian potato and fine bean duo, flavored with a pea and mint infusion .....£14

### **New York Style Gammon**

A juicy cut, char grilled and served with a pineapple slice or fried egg, home cut chips and a salad garnish .....£12

### **BBQ Pork Chicken Breast**

Oven baked Chicken breast topped with BBQ pulled pork and melted cheddar cheese served with homemade chips and garden peas.....£12

### **The Bell's Sausages & Mash**

Prime Glamorganshire Pork & Leek sausages, with creamed potatoes and rich onion gravy .....£11

### **6oz British 100% Beef Burger**

Topped with bacon and cheese, served with lettuce, onion and tomatoes with home cut chips .....£11

### **British Rib Eye Steak**

10oz 28 day-aged succulent cut and grilled to your liking served with home cut chips, grilled tomato and sautéed mushrooms .....£18

### **British Sirloin Steak**

An 8oz 28 day-aged succulent cut, char grilled to your liking served with home cut chips, grilled tomato and sautéed mushrooms .....£17

### **Compliment your steak with one of our homemade sauces;**

Peppercorn, Red Wine or Perl Las & Mushroom.....£3

## **Please see the blackboard for daily specials**

## *Side Orders*

Sautéed Potatoes	.....£2.50
Beer Battered Onion Rings	.....£2.50
Garlic Bread	.....£2.95 with cheese .....£3.50
Bowl of Home Cut thrice cooked Chips	.....£2.95
Cauliflower Cheese	.....£2.95
Sauteed Garlic Mushrooms	.....£2.95
House Side Salad	.....£2.50
Panache of Vegetables	.....£2.50
Warm Rolls with Butter	.....£1.50 (for two persons)

## *Desserts*

### **Sticky Toffee Pudding**

Served with caramel sauce & vanilla ice cream .....£4.95

### **Winter Apple and Cinnamon Crumble ✓**

Served with warm custard .....£4.95

### **Chocolate Fudge Cake**

With chantilly cream .....£4.95

### **Lemon and Lime Citrus Torte ✓**

Served with fruit coulis .....£4.95

### **Bread & Butter Pudding ✓**

Served with warm custard .....£4.95

### **Chefs Cheese Cake**

Served with vanilla ice cream .....£4.95

### **Ice Cream Selection ✓**

Your choice of vanilla, strawberry or chocolate .....£3

### **Selection of Welsh Cheeses**

With celery and an assortment of biscuits .....£5.95

## *Dessert Accompaniments*

**A selection of Liqueur coffees are available including  
Calypso ♦ French ♦ Irish ♦ Jamaican**

**Pot of Tea .....£1.95    Filtered Coffee .....£1.95    Liqueur Coffee .....£4.95**

**Why not enjoy a Glass of Port with our  
Selection of Welsh Cheeses**