

CHILDREN'S MENU

FOR UNDER 10'S ONLY

MEAL DEAL

Main, Dessert and Drink

£7.95

MAINS

Ham and Cheese Salad Wrap,
Cucumber and Carrot Batons

Grilled Cheese Sandwich,
Cucumber and Carrot Batons

Fish Fingers, Chips, Peas, Side Salad

Chicken Goujons, Chips, Beans, Side Salad

Grilled Chicken Strips, Chips, Peas, Side Salad

Creamy Grilled Chicken and Broccoli Penne

Penne Primavera, Fresh Vegetables,
Homemade Tomato Sauce VG

DESSERTS

Ice Cream V G

Brownie V

Fruit Salad VG G

Fruit Yoghurt Pot V G

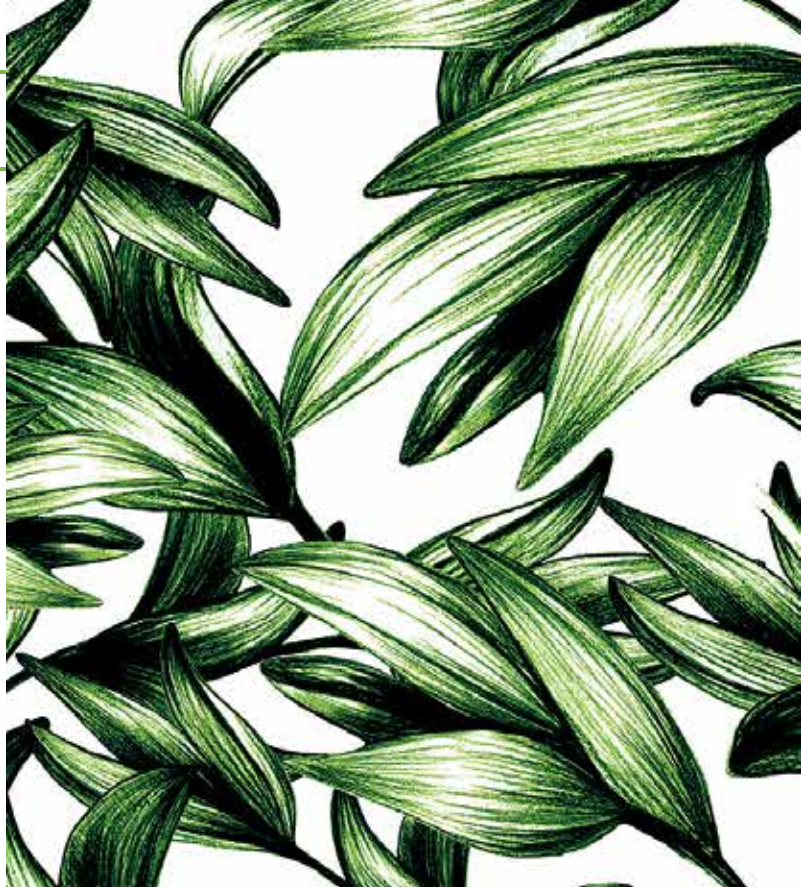
All prices include VAT. All weights are approx. prior to cooking.

Denotes dishes suitable for - G gluten free, V vegetarian, VG vegan.

The Vale Resort recognises that it works with a comprehensive list of ingredients and menu items may contain or come into contact with one or more of the 14 common allergens. If concerned, please speak to our staff about the ingredients in your meal, when making your order.

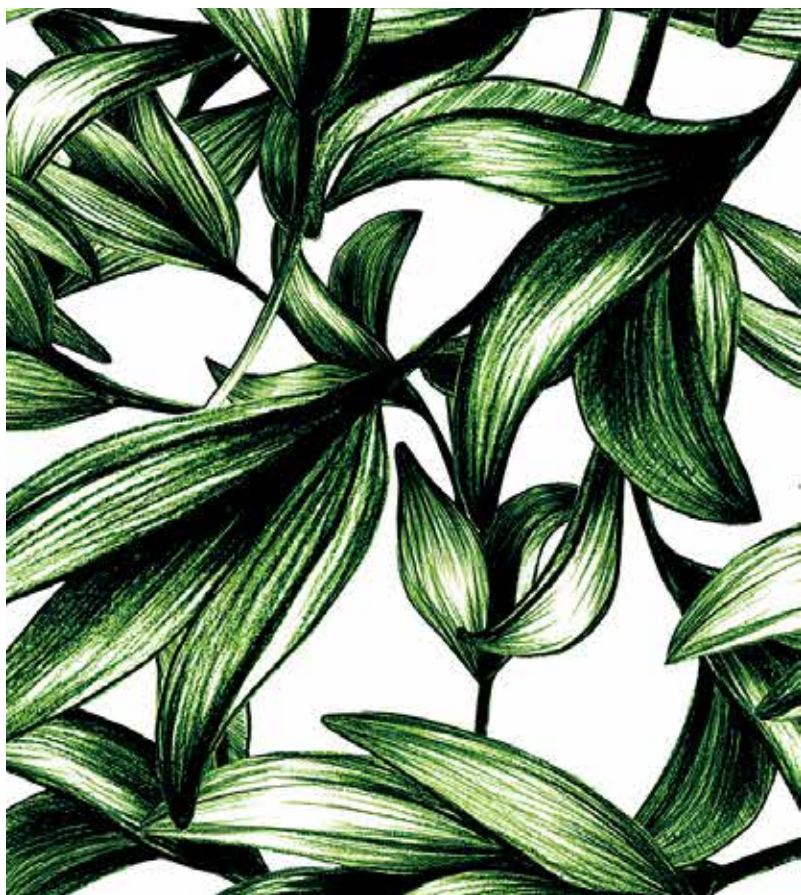


Vale Resort, Hensol, Vale of Glamorgan CF72 8JY
01443 667800 | www.valeresort.com



VALE BAR

ALL DAY MENU



SNACKS & LIGHT BITES

Homemade Soup of the Day Fresh baked roll	VG £5.25
Freshly Baked Artisan Breads Balsamic and olive oil	VG £3.95
Crispy Fried Chicken Wings Choice of Carolina BBQ, teriyaki glaze or hot buffalo style with celery and chunky blue cheese sauce	£8.95
Salt and Pepper Crispy Fried Squid Anchovy and caper tartar sauce	£7.95
Nacho Platter Melted Pepperjack cheese, salsa, sour cream, spring onions, jalapeños	£6.75
Add your choice of spicy shredded beef chilli or BBQ pulled pork	£2.00
Vegan Nacho Platter Melted vegan Pepperjack cheese, salsa, guacamole, spring onions, jalapeños, black bean chilli	V £7.25
Caribbean Jerk Chicken Skewers Steamed long grain rice, toasted coconut and chilli mango salsa	G £6.25

HEALTHY MEALS

Vale Char-grilled Chicken Salad Crisp cos lettuce, Caesar dressing, sundried tomatoes, olives, grilled artichoke hearts, shaved Parmesan topped with sliced grilled chicken breast	£13.95
Superfood Salad Kale and spinach with blueberries, avocado, walnuts, broccoli, seeds, lemon dressing	G VG £8.95
Add grilled salmon	£5.00
Add grilled chicken	£4.50
Quinoa and Feta Tabbouleh Mixed leaves, diced cucumber, cherry tomatoes, mint and pomegranate	G V £8.50
Add grilled salmon	£5.00
Add grilled chicken	£4.50
Chickpea and Courgette Falafel Stuffed Flatbread Roasted peppers, green olives, herb and lemon vinaigrette, Greek side salad	VG £9.50

SIDES

Steamed Broccoli	VG G £3.25
Seasoned Skinny Fries	VG G £3.25
Beer Battered Onion Rings	VG £3.50
Side Mixed Leaf Salad	VG G £3.00
Cheesy Garlic Bread	V £4.75
Bowl of Chunky Chips	VG G £3.25

MAIN PLATES

Slow Roasted BBQ Beef Brisket Thick cut chips, grilled corn on the cob, side salad	G £22.95
Smoked Haddock and Prawn Fishcakes Homemade tartar sauce, crushed pea purée, thick cut chips	£15.95
Welsh Dragon Sausages Creamy mashed potatoes, rich onion gravy	£15.50
Katsu Chicken Crispy panko fried marinated chicken, sweet/spicy ginger and coconut curry sauce, braised rice, shredded vegetables	£14.95
Penne Puttanesca Spicy tomato, olive and caper ragu tossed in penne pasta	VG £10.50
Add sautéed prawns	£6.00
Add grilled chicken	£4.50

GOURMET BURGERS

Chargrilled 8oz Beef Burger Toasted brioche bun, special house burger relish, sautéed onions, Monterey Jack cheese, crisp smoked streaky bacon, seasoned skinny fries	£14.50
Wales Classic 8oz Beef Burger Toasted brioche bun, leek and mustard relish, beer battered onion rings, Black Bomber Welsh cheddar, seasoned skinny fries	£14.95
Buttermilk Battered Fried Chicken Burger Toasted brioche bun, Monterey Jack cheese, crisp smoked streaky bacon, seasoned skinny fries	£14.50
Slow Roasted Pulled Pork Homemade Carolina BBQ sauce, toasted brioche, coleslaw, beer battered onion rings, seasoned skinny fries	£13.50
Chargrilled Portobello Burger Crunchy panko gremolata, smoky aioli, creamy vegan coleslaw, seasoned skinny fries	VG £11.50

DESSERTS

Daily offering of Homemade Dessert

Assorted Homemade Ice Creams and Sorbets	V VG £5.95
Warm Fudge Brownie Pouring cream, chocolate ganache	V £5.95
Selection of Artisan Welsh Cheeses Gourmet cheese biscuits, mustard fruits	
Three cheeses	V £8.95
Five cheeses	V £11.50