

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

Cheeseburger, Fries, Coleslaw

Fish Fingers, Fries, Peas, Side Salad

Chicken Goujons, Fries, Beans, Side Salad

Grilled Chicken Strips, Fries, 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**

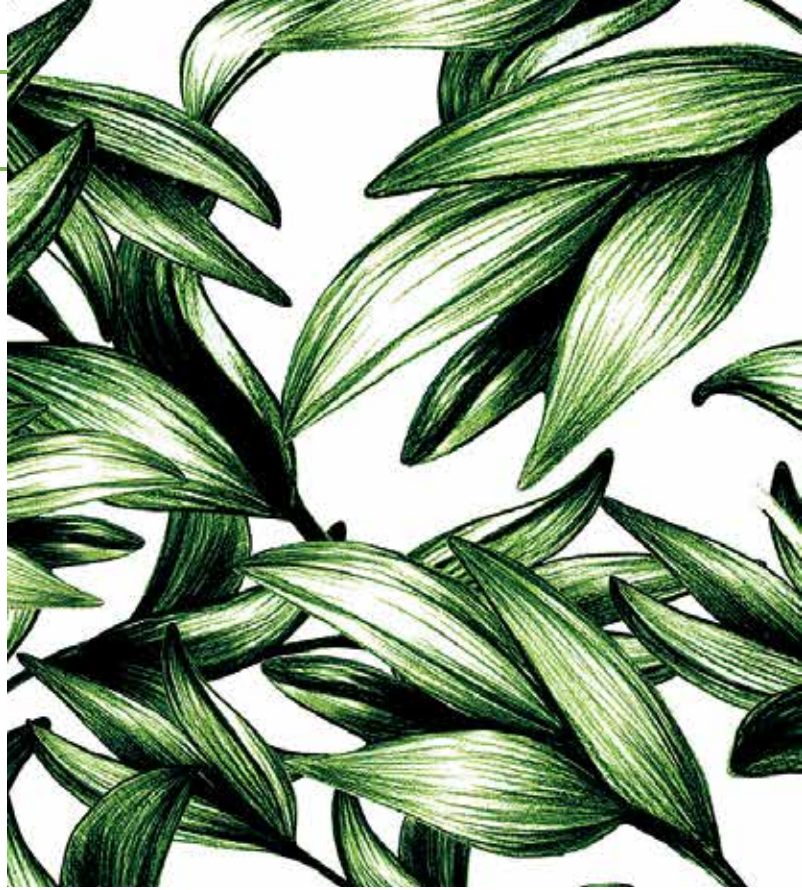
All prices include VAT. All weights are approx. prior to cooking.

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.

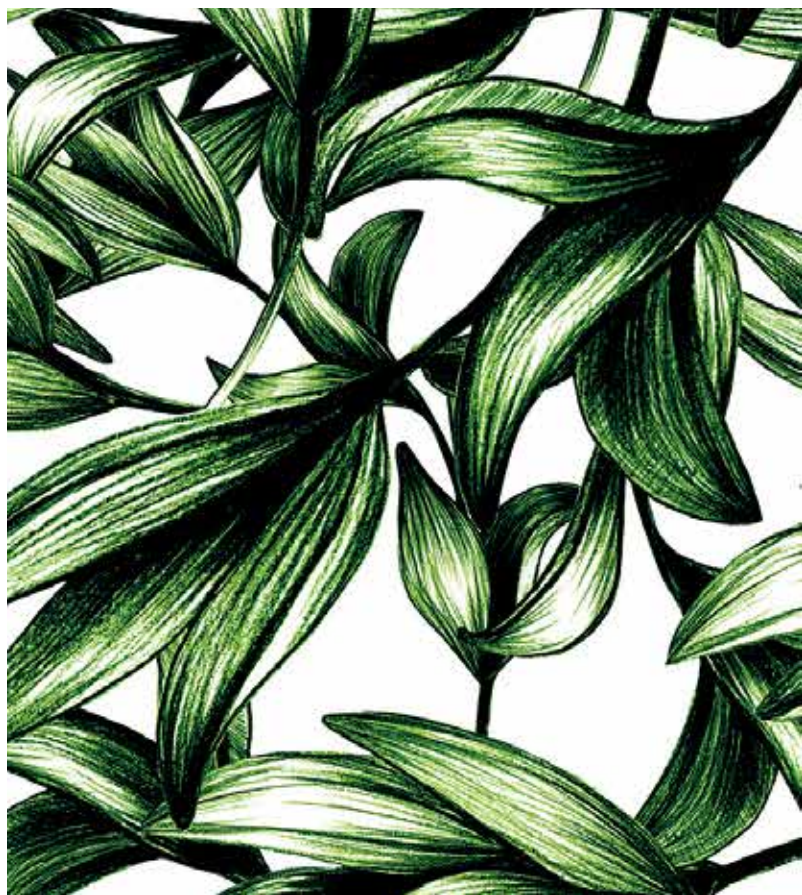


Vale Resort, Hensol, Vale of Glamorgan CF72 8JY
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VALE BAR

ALL DAY MENU



SNACKS & LIGHT BITES

Homemade Soup of the Day Grilled sourdough	VG £6.95
Char-grilled Artisan Breads Smoked sea salt and thyme butter	V £5.95
Crispy Fried Chicken Wings Spicy Southern herb coating with choice of Carolina BBQ, Teriyaki glaze or hot buffalo sauce, celery and chunky blue cheese dressing	£9.95
Fritto Misto Mixed fried seafood platter with battered prawns, cod and calamari, grilled lemon and smoked garlic aioli	£11.95
Chilli Beef Dirty Fries Thick steak cut chips topped with our spicy beef chilli, melted Tex-Mex cheese, sour cream and salsa	V £10.95
Vegan Dirty Fries Thick steak cut chips topped with spicy black bean chilli, melted vegan pepperjack cheese, guacamole and salsa	VG £10.50
Thai Curry Chicken and Vegetable Kebab Braised wild rice, spicy green Thai curry sauce	G £9.50

ENTRÉE SALADS

Vale Char-grilled Chicken Salad Crisp cos lettuce, Caesar dressing, sundried tomatoes, olives, grilled artichoke hearts, shaved Parmesan topped with sliced grilled chicken breast	£15.95
Superfood Salad Kale and spinach with blueberries, avocado, walnuts, broccoli, seeds, lemon dressing	G VG £10.95
Add grilled salmon	£7.00
Add grilled chicken	£6.00
Classic Cobb Salad Shredded iceberg lettuce, grilled chicken, blue cheese, bacon, cherry tomatoes, avocado, hard-boiled egg	G £14.95
Stir Fry Steak Salad Ginger, garlic and chilli marinated beef, vegetable stir fry, spring onions, mixed leaves, toasted sesame oil dressing	£16.95

SIDES

Panache of Mixed Vegetables	VG G £3.95
Seasoned Skinny Fries	VG G £3.95
Beer Battered Onion Rings	VG £4.95
Side Mixed Leaf Salad	VG G £3.95
Cheesy Garlic Bread	V £4.95

MAIN PLATES

Pan Fried Salmon Sesame and chilli stir fried vegetables, teriyaki egg noodles	£18.95
Welsh Pork and Leek Sausages Creamy mashed potatoes, mixed vegetable, rich onion gravy	£16.95
Katsu Chicken Crispy panko fried marinated chicken, sweet/spicy ginger and coconut curry sauce, braised rice, shredded vegetables	£17.95
Penne Puttanesca Spicy tomato, olive and caper ragu tossed in penne pasta	VG £13.95
Add sautéed prawns	£6.00
Add grilled chicken	£6.00

GOURMET BURGERS

All served on toasted pretzel roll with seasoned skinny fries.

Beef Burger Char-grilled double beef patty, gherkins, Dijon mayo, Monterey Jack cheese, crisp smoked streaky bacon	£15.95
Wales Classic Burger Char-grilled double beef patty, leek and mustard relish, beer battered onion rings, Black Bomber Welsh cheddar	£16.95
Buffalo Chicken Burger Buttermilk battered fried chicken, coated with hot buffalo sauce, blue cheese mayo	£16.95
Char-grilled Halloumi Lettuce, tomato and spicy tomato salsa	V £14.95
Chickpea and Spinach Falafel Burger Harissa hummus, sundried tomatoes, olives and roasted peppers	VG £13.95

DESSERTS

Daily offering of Homemade Dessert

Assorted Homemade Ice Creams and Sorbets	V VG £6.95
Warm Fudge Brownie Pouring cream, chocolate ganache	V £6.95
Selection of Artisan Welsh Cheeses Gourmet cheese biscuits, mustard fruits	
Three cheeses	V £9.95
Five cheeses	V £13.50