


BREAKFAST

Oak Smoked
Bacon Sandwich


Traditional Sausage
Sandwich

Porridge with sultanas  & honey

Crushed avocado,  ,
fresh chilli's & eggs
your way on toast

Toast with a choice
of preserves

Scrambled egg
& Salmon

Yogurt, fresh fruit, ,
almonds & honey

Choice of omelettes

SANDWICHES

Peppered Egg mayo
& watercress 

Tuna Mayo
& crunchy red onion

Mature Cheddar
& honey roast ham

Cariad Club
Sandwich

—
for any special requirements
please do let our waiters know

—
Cariad Commitment:
All our meat is supplied locally
by farmers who care about
their animals, we only partner
with suppliers who share our values
& principles with the highest
quality & standards.

SALADS

Chicken Cesar

Smoked Salmon
& Avocado

Cariad House Salad

Mixed Leaf Salad 

SOUPS

Soup of the day

Cariad Rustic Soup

—
All soups are served
with a fresh roll

DRINKS

COFFEE

Flat White Capachino Americano Hot Chocolate

Corado Latte Mocha Espresso/DBL

Let us know how you would like your freshly brewed coffee

—
Please ask about our selection of cakes and scones

TEA

Traditional Tea

Flavoured Tea

—
Soft drinks
Coke, Diet Coke, Fanta, Sprie

TAPAS

Chorizo Al Vino
Savory chorizo braised in & served with a sauce of bright red wine

Gambas Pili Pili 🌶️
King Prawns in a Garlic & Chilli Oil

Patas Bravas 🌱
Fried Potato with tomato & garlic sauces

Alitas De Pollo
Chicken wings in fresh spanish spices

Albondigas
Authentic spanish meatballs

Bourbon BBQ Duck Wings
Smokey & sweet flavour

Calamari
Dusted squid freshly fried

Berenjenas Parmesana
Fresh seafood Aubergine slowly cooked with tomato & Parmesan salad in olive oil

Mejillones Con Chorizo
Mussels cooked in a secret, Spanish sauce with Chorizo

Ensaladilla Rusa 🌱
Authentic Spanish Russian salad

Ensalada De Mariscos
Fresh seafood salad in olive oil

Tomato and Mozzarella 🌱
A classic Insalata Caprese

Olives & Bread 🌱
Selection of olives & rustic bread

STEAK STONES

Matured Welsh Beef from Rosedew Farm in Llantwit Major with seasonal vegetables & homemade chips. Cariad Steak Stones also come with a serving of choice of mustard, cooking butter & traditional sauce.

Ribeye
Cut from the rib section, the rib-eye steak is one of the most succulent steaks

Fillet
The fillet is the royal of all the steak cuts. It is the most tender with little marbling & virtually fat free

Cariad Picanha Steak
Picanha - the sirloin cap famed for its succulent texture & exceptional flavour

Mustard: *French or English*
Butters: *Garlic, Chilli, Herb*
Sauces: *Peppercorn, Diane, Madera*

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Cariad offers an extensive wine list from which you can sample just a glass or enjoy a bottle with your meal. Please ask for more details

for any special requirements please do let our waiters know

PASTAS

Penne Arrabiata 🌱🌶️
Penne pasta with tomato sauce, fresh basil and chilli

Cabonara 🌱
Spaghetti with Italian pancetta, eggs, parmesan

Lasagne al forno
Traditional layers of egg pasta baked with Bolognese, mozzarella, parmesan and béchamel sauce

Salmon & Crayfish Fiorelli
Salmon & Crayfish in sunflower shaped pasta parcels, drizzled with olive oil & parmesan shavings.

Asparagus Girasole
Asparagus & Pea pasta parcels

Cariad Pasta 🌱🌶️
Pasta, cooked & tossed in olive oil, garlic and chilli simple but stunning

SHARING SLATES

Vegetarian
Chargrilled Artichoke Hearts, Sweet Red Drop Peppers, Mixed Olives, Grilled Red & Yellow Peppers, Marinated Wild Mushroom Mix, Bread & Oils

Meat
A fine selection of Meats, Salami, Chorizo, Parma Ham, Parmesan Shavings, Bread & Oils

Cheese
Selection of Cheddar, Brie, Stilton & Beaufort served with chutney, crackers & artisan bread.