

SANDY MOUNT HOUSE

LUNCH MENU

LUNCH
OPENING HOURS
12 - 3PM daily
(last orders 2:45pm)

LITE BITES

PASTRAMI DELI SANDWICH - £14

pastrami, pickle, Swiss cheese, baby gem, mustard mayo
CE, E, M, MU, SU, GFO

SMOKED SALMON BAGEL - £11

smoked salmon, pickled cucumber, cream cheese
CE, F, M, GFO

FISH FINGER CIABATTA - £14

baby gem, tartar sauce
CE, E, F, SU, DF, GFO

CELTIC PRIDE STEAK CIABATTA - £15

caramelised onion
CE, M, GFO

WELSH RAREBIT - £14.50

toasted sourdough, smoked streaky bacon, fried egg
CE, E, M, GFO, VO

GRILLED TOFU CIABATTA - £13

red pepper hummus, rocket
CE, S, SO, DF, V

all served with a portion of salad and crisps

SIDES

TRIPLE COOKED CHIPS - £4.50

crisp on the outside, fluffy on the inside
DF, GF, V

SKIN-ON FRIES - £4.50

crispy, golden, and perfectly seasoned for a flavourful bite
DF, GF, V

SMH SIDE SALAD - £4.50

a symphony of summer's bounty, served chilled to perfection
DF, GF, V

GARLIC SOURDOUGH - £4.50

freshly baked, golden, and aromatic with a hearty garlic infusion
CE, GFO, V

MAINS

FISH & CHIPS - £21

battered haddock, crushed peas, chunky chips, tartar
E, F, M, GF

OX CHEEK & SHORT RIB BURGER - £19

Teifi cheese, smoked streaky bacon, baby gem, tomato, served with skin-on fries and SMH BBQ sauce
CE, M, GFO

CELTIC PRIDE STEAK FRITES - £21

minute steak, truffle parmesan fries, SMH side salad
M, GF

GREEK SALAD - £14

feta, olives, tomatoes, cucumber, olive oil dressing
M, GF, V

KALE SALAD - £18

squash, cauliflower, and quinoa with a tahini dressing
CE, S, GF, V

add chicken - £4

add king prawns - £7

add Celtic Pride steak - £7

DESSERTS

WHITE CHOCOLATE PARFAIT - £9

hibiscus, apple sorbet
M, GF, V

SUMMER PUDDING - £8

clotted cream, berries, sourdough
CE, M, GFO, V

RHUBARB CRÈME BRÛLÉE - £9

Granny Smith apple, sable
CE, E, M, GFO, V

ORANGE BLOSSOM MERINGUE - £9

orange & vanilla chantilly, blackberries, viola
E, M, GF, V

CHEESE DUO - £12

chef's choice of 2 cheeses, crackers, chutney, grapes
C, CE, M, SU, GFO, V

SELECTION OF ICE-CREAMS/SORBETS - £7.50

three scoops of any of our available flavours

CE, E, M, SO, SU, V (may contain other allergens, please ask)

ALLERGENS

*C - CELERY
CE - CEREAL
CR - CRUSTACEAN
E - EGG
F - FISH
L - LUPIN
M - MILK*

*MO - MOLLUSCS
MU - MUSTARD
N - NUTS
P - PEANUTS
S - SESAME
SO - SOYA
SU - SULPHITES*

*DF - DAIRY FREE
DFO - DAIRY FREE OPTION
GF - GLUTEN FREE
GFO - GLUTEN FREE OPTION*

*V - VEGETARIAN
VO - VEGETARIAN OPTION*



Note: Please inform us of any allergens or dietary requirements, and we will do our utmost to accommodate you.