



Tintern Old Rectory B&B

Sample Dinner Menu

We offer only locally sourced and fresh foods at the Old Rectory.

The menu varies due to the availability of whatever is fresh and seasonal at the time of ordering. Please note that we buy and cook to order. We are not a restaurant, rather, a lovely little Guest House where you can have a special, private dining experience with your loved ones and friends.

All meals need to be ordered in advance so that we can ensure everything is as fresh as possible.

***Fish** Our seafood is fresh and supplied by award winning Fabulous Fish of Monmouth and supplied fresh from the Swansea docks. We serve whatever is special and seasonal that day from Hake, Bream, Lemon Sole, to Trout and Salmon - please feel free to make special requests for your favorite fish. Welsh Mussels are also a delicious favorite choice.*

***Lamb:** We only use locally sourced Welsh lamb chops. Alternatively, for a special treat, we have a specially baked Rack of Lamb (+£5 extra)*

***Beef: Steaks/Filet** We use locally sourced premium Welsh beef, sourced by our specialty butchers in Chepstow and Monmouth (+£5-10)*

***Chicken & Duck:** We use award winning Madgetts Farm's wonderful poultry - chicken and duck breasts, Christmas turkey & goose, famous in South Wales for their flavor and tenderness. www.madgettsfarm.co.uk*

***Game:** Depending on what's in season we can source a wide selection of game from rabbit, pheasant, partridge, boar, duck and venison. These are all local and sometimes you may have to look for the shot.*

***Vegetarian:** Anika is a vegetarian and Ian has developed an extensive range of delicious and wonderful recipes to tempt your palate.*

Vegetables

All of our meals come with a wonderful and exciting variety of different vegetables. No boring stuff here. Everything is prepared to ensure that your dining experience is the best it can possibly be.

Our portions are generous and definitely unique.

All meals come complete with an array of interesting vegetables.

Below are examples of the dinners we offer:



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Wonderfully fresh Seafood Meals

Salmon Florentine: Fresh organic salmon served on a bed of spinach topped with mornay cheese sauce then grilled until golden. Served with delicate new potatoes.

Baked Whole Bream: Stuffed with leeks and baked with garlic, thyme and lemon served on a bed of spinach with boiled new potatoes.

Lemon Sole: This exquisite fish is simply delicately seasoned and pan fried with butter. It is gorgeous.

Hake: Baked with a lovely Gruyere cheese sauce and whole mushrooms (best when served for 2 people).

Trout: Stuffed and baked with a lemon and parsley butter light sauce.

Mussels: Steamed in white wine, coriander, leek and cream sauce.

Poultry Meals

Duck Breast: Madgett's farm duck breast, slow baked with a cranberry and port glaze, served with roasted new potatoes.

Braised Pheasant with Kale: cooked with thyme, rosemary and curly kale to create a tender yet flavorful dish. Served with a creamy Mustard mashed potatoes.

Partridge stuffed with Leeks: baked in a red wine sauce served with roasted new potatoes.

Stuffed Chicken Breast: Lovely Madgett's farm chicken filled with spinach Welsh Cheddar or Gorgonzola, baked with bacon. Served with roasted new potatoes.

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Sample Dinner Menu Cont'd



Meaty Meals

Lamb Chops with rosemary, thyme and garlic: Lamb lightly grilled with garlic, thyme and rosemary, served with roasted new potatoes.

Welsh Beef Sirloin Steak: Grilled with a shallot, mushroom and red wine sauce. Served with horseradish mashed potatoes. (add £5)

Herb Crusted Rack of Lamb: Seasoned with garlic, fresh herb crust and baked to your liking. Served on a delicate bed fried shallot and baby greens, with roasted new potatoes baked with sea salt and seaweed. (add £5)

Venison with Kale, Port an Stilton sauce: One of Admiral Nelsons favorites. We can see why.

Vegetarian

Anika is a vegetarian and Ian is 85% vegetarian, although we are both formerly meat lovers. Ian now has developed an extensive vegetarian menu full of spices and flavors which we are sure you will find fascinating. Examples below:

Chachouka: A spicy North Africa pepper and tomato stew with eggs on top. Made with red and yellow peppers and plum tomatoes with a paprika, saffron and cumin sauce.

Kale and Mushroom Lasagna: Baked with a tasty Béchamel sauce. Even meat lovers think this is great.

Spanakopita: Spinach, eggs, feta cheese and caraway seeds baked in a puff pastry. This is a wonderful filling yet very tasty dish.

Vegetarian Shepherd's Pie with Goats Cheese Mash: With its diverse combination of pulses and fresh vegetables, its extremely popular with vegetarians.

Thai Green Vegetable Curry: This is a spicy curry served with excellent mixed rice. Please specify on ordering if you prefer this milder.

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Sample Dinner Menu Cont'd



Starters

*Perhaps you may wish a starter as well with your meal.
Choices are unique and quite wonderful.*

Portabella Mushrooms: Stuffed with pate and cheese, grilled until golden

Goat cheese Bruschetta: Grilled with goat cheese, balsamic vinaigrette, and rocket

Baked Cherry Tomatoes: Stuffed with Blaenarfon cheddar, flavored delicate herbs

Tiny Cockle & Laverbread Pancakes: Served on a bed of wilted leaves

Grilled Scallop with Prosciutto: Served fresh on the shell

Curried Parsnip and Apple Soup: A flavorful, spicy soup, topped with a dollop of creme fraiche

French Onion Soup: Ian's own variation on the traditional favorite.

*All meals include our warm homemade fresh bread and Anika's special salad,
an array of 2-3 fresh seasonal vegetables, delicate pudding and tea/coffee.*

Price

£35/person without the starter (except where stated)

£42 including additional starter

Special Requests are very welcome.

*We are happy to adjust our meals if you have any dietary requirement
(gluten or dairy free, halal) or any special favorite fancy, aversion or allergy.*

Please don't hesitate to ask.