

We would like to wish you a warm Old Post House welcome

We pride ourselves in delivering a great range of homemade lunches, cakes & coffee in a beautiful relaxing environment.

Bar Snacks

Marinated Mixed Olives (v) (gf)	£2.80
Roasted & Salted Nuts (v) (gf)... ..	£1.80
Homemade Root Vegetable Crisp (v) (gf)	£1.70

Platters

Ideal for two to share!!

Fish Platter £14.00

Hake goujons, homemade fishcake, prawn & crayfish cocktail, smoked salmon, mixed leaf, tartare sauce & homemade focaccia.

*OPH Ploughman's£15.00

Honey roasted ham, Welsh cheddar, homemade Scotch egg, mixed leaf, pickled onions, OPH chutney & homemade focaccia.

*Meze Platter (v) (vg).....£15.00

Roasted med veg, artichoke, marinated olives, sun blushed tomato, crudites, hummus & pitta.

Sandwiches

All of our sandwiches are served on white or granary bloomer, with side salad & homemade root vegetable crisps

*Rare Roast Beef, horseradish cream & wild rocket£5.00

*Honey Roasted Ham, wholegrain mustard & tomato£5.00

*Smoked Salmon, cucumber & dill cream cheese.....£5.00

*Free Range Egg Mayonnaise & watercress (V)£5.00

**Where indicated please ask for Gluten free alternatives.*

Salads

OPH Salad Bowl (v) (gf).....£3.75

Our signature dressed leaf mixed salad.

Mediterranean Couscous, mixed olive & sun blush tomato salad (v) (gf)£3.75

Make it your own...just add;

Chargrilled chicken breast (gf)£4.00

Chargrilled Cajun spiced chicken breast (gf)£4.00

Poached salmon (gf)£5.00

Roasted vegetable & goats cheese (v) (gf)..... £4.00

OPH Classics

Our classics dishes are some of our favourite lunch options, for hearty appetites we suggest adding a side!

Homemade Scotch Egg with OPH chutney & dressed salad..... £5.00

OPH Fishcakes, chilli jam, red onion & rocket salad£6.85

Quiche Of The Day, leaf salad & slaw (v)£6.75

*Summer Provençal Fish Stew & crusty focaccia£10.00

Hake Goujons, rustic chips, crushed minted peas & tartare sauce.....£8.50

Honey Roasted Ham, brace of eggs & rustic chips (gf)£7.00

Wild Mushroom Nut Roast, tomato & basil sauce with focaccia (v) (vg)£8.50

Ravioli, rocket & parmesan£6.00

Chargrilled Sirloin Salad, roasted red pepper, wild rocket, parmesan & butter balsamic dressing. (gf)£14.00

Some of our fish dishes may contain small bones. Please be aware our kitchens are not nut free, or allergen free environments. Please do let us know if you have any specific allergies or intolerances before ordering. Full allergen information is available on request.

For the little ones

Ham, egg & rustic chips (gf)	£4.00
Hake goujons & rustic chips	£4.00
Tomato & basil pasta bowl (v).....	£4.00
Children's ice cream	£1.75

Milkshakes

Strawberry, Chocolate or Banana.....	£1.75
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Side orders

Add a little something extra...

Basket of rustic chips.....	£1.95
Buttered new potatoes	£1.95
OPH salad bowl.....	£2.45
Toasted garlic ciabatta	£2.00
Add parmesan	£0.75
Buttered seasonal vegetables.....	£2.95
Focaccia with balsamic & olive oil.....	£2.00

Something sweet

Please ask your server for daily cake selection	£3.75
Cream Tea- Homemade sultana scones served with jam & clotted cream, with a choice of tea or filter coffee.....	£4.95
Welsh Tea- Welsh cake & buttered Bara Brith, served with a choice of tea or filter coffee	£4.95
Fresh Strawberries & Cream (gf)	£5.50
Selection of Mario's ice cream; <i>ask server for today's flavours</i>	£4.95

Our Famous Afternoon Tea **£16.50**

Our very popular afternoon tea comes with a selection of fingers sandwiches, savouries & homemade cakes, scones with cream & jam served with tea or coffee.

This must be ordered 24 hours in advance as all of our items are made fresh to order.

Hot drinks

Pot of tea.....	£2.25	Latte	£2.75
Welsh herbal tea	£2.45	Cappuccino	£2.75
<i>Earl grey, Peppermint, Mixed fruit, Green tea.</i>		Mocha.....	£3.25
Espresso.....	£2.20	Hot chocolate	£3.50
Americano.....	£2.40	<i>served with cream & marshmallows</i>	
Macchiato.....	£2.40	Syrup Shot <i>vanilla, cinnamon or caramel</i>	£0.50

Speciality Coffee

Irish liqueur coffee.....	£4.20	Irish cream liqueur coffee.....	£4.20
Calypso liqueur coffee.....	£4.20	French liqueur coffee.....	£4.20

Please ask your server for wine list and drinks selection

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