

THE EBB & FLOW RESTAURANT

The tides of history and legend have certainly washed over Conwy and its river. Local giant Ifan Goch used to bathe his feet in the waters and they also provided a home to a fearsome monster, the Afanc. Llewellyn The Great, King of Gwynedd, was buried in the abbey which was nearby and the renowned Welsh rebel, Owain Glyndwr, once captured the castle whose ruins are still to be seen. Now, in more peaceful times, the ebb and flow of the River Conwy nourishes its famous mussels and provides a spectacular backdrop to our hotel. Croeso.

STARTERS

Homemade Soup of the Day with accompaniments £6.95 (v)

Chicken Liver and Orange Pate with Toasted Sour Dough and Spiced Apple Chutney £7.50

Goats Cheese, Honey and Thyme Fondant, Roast Beetroot, Apple and Toasted Seed Salad £7.95 (v)

Local Mussels and Haddock in a Spiced Coconut Sauce, Crispy Chicken, Coconut and Coriander £8.50

A Pressing of Ham Hock and Parsley, Pickled Vegetables and a Mustard Mayonnaise £7.25

MAINS

Supreme of Chicken with a Chorizo Butter, Homemade Black Pudding, Granny Smith Apple and Seasonal Greens £19.95

Pan Roast Cod Fillet, Buttered Spinach, Spiced Prawn Pattie and a Vermouth Cream Sauce £22.95

Herb Crusted Lamb Rump, Black Garlic, Gratin Potato, Hispi Cabbage and Madeira Jus £24.95 (£3.00 Sup)

Smoked Applewood Cheesecake, Cheddar Biscuit Crumb with Spinach Saag Aloo and Bhaji £16.95

Marinated Belly Pork, Quay Tete Du Cochon, Wilted Fennel and a Calvados Sauce £20.95

Quinoa, Avocado, Chickpea with a Chilli, Lime & Garlic Dressing £14.95 (v) (vg)

Add - King Prawn Bang Bang £3.95

Add - Crispy Fillet Beef Teriyaki £3.95

EXTRAS & SIDES

£3.95

Triple Cooked Chips • French Fries • Panaché of Vegetables • Side Salad

DESSERTS

Sticky Toffee Pudding, Honeycomb and a Salted Caramel Ice Cream £7.20

Wild Strawberry Cheesecake, with Summer Fruits and Meringue £7.20

Organic Lemon and Whisky Posset with Shortbread Biscuit £5.50

A Tasting of Award-Winning Cheese, Caramelized Onion, Apple, Grapes and Crackers £9.95 (£4.00 Sup)

A Selection of Parasella's Ice Creams and Sorbet £6.95

Any allergens or special dietary requirements, please speak with your waiter.

v - Vegetarian n - Contains Nuts vg - Vegan

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CHAMPAGNE & SPARKLING

	Glass	Bottle
Da Luca Prosecco	£ 5.50	£25.95
Da Luca Rosato Spumante	£ 6.00	£28.95
Taittinger Brut Réserve	£11.75	£60.00
Taittinger Prestige Brut Rosé	£12.65	£68.00
Laurent-Perrier Cuvée Rosé Brut		£80.00
Veuve Clicquot Yellow Label Brut		£70.00
Veuve Clicquot Vintage Réserve Brut		£110.00

WHITE WINE

	175ml	250ml	Bottle
Cullinan View Chenin Blanc, Western Cape	£5.80	£7.60	£22.00
La Campagne Chardonnay, Pays d'Oc	£6.30	£8.30	£23.95
Cote Du Rhone Blanc, Jean-Luc Colombo	£6.80	£9.00	£26.00
Picpoul de Pinet, Les Girelles, Jean-Luc Colombo	£6.80	£9.00	£26.00
Bolla Pinot Grigio delle Venezie	£7.10	£9.30	£27.00
Viña Esmeralda, Catalunya, Torres	£7.10	£9.30	£27.00
Waipara Hills Sauvignon Blanc, Marlborough	£7.10	£9.30	£27.00
Gavi di Gavi, Toledana, Domini Villa Lanata			£33.00
Stonier Chardonnay, Mornington Peninsula			£35.00
Vavasour Sauvignon Blanc, Awatere Valley			£35.00
Esporão Reserva Branco, Alentejo			£36.00
Riesling Alsace Eguisheim, Emile Beyer			£38.00
Chablis Cellier de la Sablière, Louis Jadot			£42.00
Sancerre, Domaine des Chaintres, Joseph Mellot			£48.00
Pouilly-Fuissé, Bouchard Aîné & Fils			£55.00
Cloudy Bay Sauvignon Blanc, Marlborough			£65.00

RED WINE

	175ml	250ml	Bottle
Short Mile Bay Shiraz, South Eastern Australia	£5.80	£7.60	£22.00
Tekena Merlot, Central Valley	£5.80	£7.60	£22.00
La Campagne Cabernet Sauvignon, Pays d'Oc	£6.30	£8.30	£23.95
Château Haut Roudier, Bordeaux	£6.80	£9.00	£26.00
Joseph Mellot Destinée Pinot Noir, Val de Loire	£6.80	£9.00	£26.00
Rare Vineyards Malbec, Pays d'Oc	£6.80	£9.00	£26.00
Valdubón Tempranillo Ribera del Duero			£27.00
Callia Selected Malbec, San Juan			£28.00
Chianti, Ruffino			£31.00
Viña Pomal Centenario Rioja Crianza, Bodegas Bilbaínas			£32.00
Montepulciano d'Abruzzo, Organic, Torre dei Beati			£34.00
Esporão Reserva Tinto, Alentejo			£35.00
Chianti Superiore, Il Leo, Ruffino			£35.00
Flagstone Writer's Block Pinotage, Western Cape			£36.00
Fleurie Château de Fleurie, Domaine Loron			£45.00
Moulin-à-Vent, Château des Jacques			£50.00
Amarone della Valpolicella, Bottega			£60.00
Châteauneuf-du-Pape, Les Bartavelles, Jean-Luc Colombo			£70.00

ROSE WINE

	175ml	250ml	Bottle
Parini Pinot Grigio Rosé delle Venezie	£6.10	£8.00	£23.00
Whispering Hills White Zinfandel, California	£5.80	£7.60	£22.00
Côtes de Provence Rosé, Vérité du Terroir, Château La Gordonne			£28.00

All wines sold by the glass are also available as 125ml