



THE
CAREW
INN

Lunchtime Menu

Freshly Made Deli Rolls

Rump Steak, Onions & Mushrooms	£13
Cajun Chicken & Sriracha Sauce	£10
Bacon Cheese & Tomato	£ 10
Ham & Cheese	£ 10
Ham & Coleslaw	£ 10
Prawns & Marie Rose Sauce	£ 12
Tuna Mayo & Spring Onion	£ 9
Vegan Cheese & Beetroot	£ 9

All our deli rolls are served with crisps & salad garnish

Ploughman's Lunches

Ham Or Cheese	£12
Ham & Cheese	£13
<i>Chips £4</i>	

Light Bites

Salt & Chilli Chicken Wings with a bbq sauce	£8.50
Deep Fried Whitebait with tartar sauce	£8.50
Halloumi Fries with a sweet chilli dip v	£8
Panko Squid Rings with garlic mayo	£8.50

add homemade chips to above for £4

Salads

Prawn & Marie Rose GF	£16
Juicy prawns coated in Marie Rose sauce with a fresh mixed salad & a side of coleslaw	
Stilton & Bacon GF	£17
Warm bacon, chunks of Stilton on a fresh mixed salad & a side of coleslaw	
Caesar Salad GFO	£15
Chicken breast, salad leaves, Parmesan cheese, croutons & Caesar dressing	

Favourites

Ham, Egg & Homemade Chips GF	£13
The Carew Inn Burger GFO	£17
6oz Welsh beef burger, or succulent Cajun chicken breast, topped with cheese, salad & pulled pork	
The Halloumi Burger v GFO	£16
griddled halloumi & salad	
Mexican Wave Burger VE GFO	£15
Made of pea protein, vegetables, fruit juices, herbs & spices. (Vegan cheese Add £1)	
<i>All burgers served with caramelised onions, homemade chips & coleslaw.</i>	
Seafood Basket & Homemade Chips	£17
Calamari rings, salt & pepper squid, cod bites & prawns with sweet chilli & tartar dips	
Beer Battered Hake & Homemade Chips	£16
Served with mushy peas & tartar sauce	
Scampi & Homemade Chips	£16
Served with garden peas & tartar sauce	
Homemade Beef Or Vegetable Lasagne	£16
With salad & garlic bread or chips	
Steak & Ale Pie Or Tofu, Spinach & Sweet Potato Pie VE	£16
With homemade chips, gravy & seasonal vegetables	
Vegan Three Bean Chilli VE GF	£15
Served with rice, homemade chips or 1/2 & 1/2	
Penang Curry VE GF	£16
Aromatic gluten free coconut sauce, with cauliflower, green beans, mangetout & peppers. Served with a poppodom, rice, chips or 1/2 & 1/2	

Sides

Homemade Chips	£4.00	Garlic Bread	£4.95	Onion Rings	£4.50
Coleslaw	£3.00	Cheesy Garlic Bread	£5.95	Side Salad	£3.50
Cheesy Chips	£5.95				

v Vegetarian VE Vegan GF Gluten Free GFO Gluten Free Option