



You are invited to supper - no jacket required, no menu needed

Sandra cooks as she would for a group of family or friends, using experience gained from a career as a food stylist and recipe writer, working with many of the top food companies and chefs. She now brings that passion and experience to our kitchen and although we have many favourite dishes, she will always accommodate your tastes and cater for allergies or intolerances; just let us know before you arrive. If there is something you love, we'll try and serve it during your stay - we want you to eat good fresh local food the way you like it.

Typically, a set two-course supper would cost £22 - £25 or £30 for three courses. If you are feeling slightly more indulgent, maybe a steak or lobster is the order of the day, just ask and we can order it in but you'll need to bring a few extra pennies! However, if you just fancy a large bowl of hearty cawl, served with Welsh cheese and crusty bread, you would expect to pay £10.

Sandra's Super Suppers

Maybe soup to start:

Lamb Cawl... A hearty winter warmer, served as the locals do with a lump of tangy Cheddar and a chunk of homemade crusty bread.

Cullen Skink... A smoky, fishy chowder; a Celtic treat.

French Onion Soup with Black Bomber Croutes... made from Welsh onions, with no bicycles stripy T shirts or berets involved.

Butternut Squash and Pear Soup... An amazing autumnal discovery made from Tir y Coed pears fresh from our garden.

Velvety Cream of Fennel Soup ... Just my favourite... comforting creaminess with subtle aniseed notes.

Lettuce and Pea Soup... unlikely as it sounds, lettuce is wonderful in this light spring time soup.

Roasted Pepper and Tomato Soup... sweet charred peppers add a smoky note, served with a dollop of soured cream.

Something a little fishy:

Seared Scallops,.. possibly served with pea puree, crispy bacon and mint oil or green Puy lentils and mussels.

Conwy Moules Marinière... this area is renowned for its beautiful mussels, so when the season starts in the autumn, we go down to the harbour and pick up a bag or two and serve them fresh from boat to plate with warm homemade crusty bread.

Fresh Local Lobster... a summer treat, again fresh from the boat, available on request, could be with a thermidor sauce or just with a little garlic butter, new potatoes and a crisp salad.

Fillet of Sea Bass with a Vanilla Vinaigrette... a favourite from a family holiday in Padstow, enjoyed in a small local fish restaurant!

Pan-Fried Fillet of Salmon with Griddled Mediterranean Vegetables and Fresh Pesto.

Grilled Mackerel or Sardines... when in season, there is nothing better than a whole freshly caught Mackerel served with creamy mashed potatoes and a medley of green vegetables.

And don't forget the Fish Pie... always a winner and if I didn't include it Chris might shoot me!

Give me meat:

Lamb Satay... Welsh lamb marinated in soy, sesame oil and ginger, served with a warm peanut sauce.

Pan-fried Pigeon Breasts... with wild mushrooms, granola, bacon and pickled hazelnuts.

Pork with Cashews, Lime and Mint... served with a mixture of wild and scented jasmine rice.

8oz Welsh Sirloin Steak... beautiful succulent local beef is always available, served with oven-baked wedges or maybe potato dauphinoise... you tell us how you like it.

Honey Glazed Duck with Grapefruit and Ginger Salad... something a little different from 'à l'orange'!

Roasted Lemon and Garlic Chicken Supreme... whole chunks of caramelised lemon and garlic cooked whole until soft enough to dip your chicken in.

Rack of Lamb with a Redcurrant Jus... spring Welsh lamb served with potato dauphinoise and caramelised orange carrots.

Lamb Shank... slow cooked in red wine until it falls off the bone.

Don't forget the veggies:

Fennel Risotto... thank you Jamie!

Tarte Tatin... roasted tomatoes and red onions nestled in flaky pastry.

Butternut Squash and Spinach, or Savoy Cabbage, Walnut and Sage Lasagne... who needs meat!

Harira... A Moroccan Chickpea and Green Lentil Stew served with a fresh tomato, lemon, saffron garnish.

Griddled Halloumi Cheese with a Lime and Caper Vinaigrette... served with a lightly fruited couscous.

Mushroom, Chestnut and Goats Cheese Wellington...with a delicious wild mushroom sauce.

Onion and soured cream tart... always homemade buttery pastry.

Dahl, Cauliflower Bhaji and Pilau rice... made with an abundance of aromatic spices.

Sweet Sandras:

Blackberry Ice-cream...Initially made for the *Sunday Times* in my former life and now one of my favourite desserts, using berries picked straight from Rowen hedgerows.

Abbotsbrook Raspberry Drizzle Cake... While Chris and I were searching for Tir y Coed we spent a memorable year in a lovely house next to the Thames. The garden had rows of raspberry canes that yielded masses of plump berries. This became a firm favourite.

Pecan and Penderyn Whiskey Tart... buttery pastry, Welsh whiskey with sweet roasted pecans, served with vanilla ice-cream.

Pistachio and Rose Madeleines with Orange and Pomegranate Salad.

White Chocolate, Macadamia and Apricot Blondie... just one of the many of sticky brownies I make, stolen from a brownie book I worked on many moons ago.

A Very Rich Dark Chocolate Mousse... flooded with Amaretti and topped with an Amaretto biscuit.

The Perfect Crème Brûlée... smooth and creamy, speckled with vanilla seeds and topped with a caramel hard hat.

The stickiest of all Sticky Toffee Puddings served with Vanilla Ice-cream.

And:

Always a Cheese Board made up of a few local cheeses chosen by us for you to taste.

Freshly Ground Coffee