



THE MARKET PLACE

66 High Street, Cowbridge, CF71 7AH, 01446 774 800
WEB: www.the-marketplace.co.uk EMAIL: enq@the-marketplace.co.uk

LUNCH MENU

STARTERS

Fresh vegetable soup of the day – please see server	4.25
Black pudding, grain mustard potato salad, red onion jam, pancetta	£3.95
Smoked mackerel, Jersey Royals, watercress and horseradish	3.95
Warm salad of ratatouille, tapenade, marinated feta and herb dressing	£2.25
Smoked salmon, dill and cream cheese terrine with rocket and balsamic	£4.95
Chicken and parma ham terrine with apple, raisin and walnut chutney	£4.95
Seared scallops, cauliflower purée, pancetta, orange and saffron sauce	£5.95

HOME MADE PASTA/SALADS AND EGGS

Home rolled pappardelle, wild mushrooms ragout, courgettes and parmesan	£4.95
Freshly made pasta of the day - please see server	£3.95
New season asparagus salad with poached egg, smoked bacon, paprika croutons	7.50
Tuna Niçoise salad with tapenade, crostini and quail egg	£5.50
Chorizo and parmesan omelette with seasonal dressed leaves	£5.25

SANDWICHES (available Tuesday-Friday)

Smoked salmon and goats cheese mousse on ciabatta	£5.95
Medium cooked beef sandwich with rocket and horseradish cream	£5.95

MAINS (served with vegetable garnish)

Rolled and grilled belly pork braised in cider, served with Portuguese cabbage, dauphinoise and crackling	£2.95
Chicken supreme topped with Gruyère, served with mash and olive salsa dressing	£0.95
Smoked haddock Florentine served with spinach, poached egg, creamy mash and grain mustard velouté	10.95
Confit leg of Gressingham duck with pancetta Puy lentils, dauphinoise potato and sweet onion jus	£2.75
Pan fried loin of cod glazed French beans, petit pois and smoked salmon cream sauce	£2.50
Golden beer battered fish and chips market fish served with house chips and homemade tartare sauce	£2.25
Salmon, dill and lemon fishcakes served with house chips rocket salad and aioli	£3.95

FROM THE GRILL (*served with hand cut, house chips and salad garnish)

Rump steak, spinach and béarnaise sauce *	6oz/170g	£4.75
Sirloin steak, spinach and béarnaise sauce *	8oz/230g	£7.25
Fillet steak, spinach and béarnaise sauce *	7oz/170g	£9.95
The Market Place bacon and cheese beef burger, red onion relish *	7oz/200g	£3.25
Calves liver, smoked bacon, mustard mash, onion jus		£11.25

SIDES

Hand cut house chips	£2.50
Creamy mash potato	£2.25
Dauphinoise potato	£2.50
Sautéed new season Jersey Royals and samphire	£3.00
Garlic buttered green beans	£2.50
Rocket and parmesan salad with mustard dressing	£2.50
Marinated Kalamata olives	£2.75
Selection of eclectic breads with dipping dressing and sea salt	£2.50

DESSERTS

Almond and hazelnut chocolate brownie, vanilla ice cream	£2.50
White chocolate and raspberry cheesecake with raspberry sorbet	£2.50
Pear and almond frangipagne tart, coconut and Malibu ice cream	£2.50
Summer berry and apple crumble with vanilla ice cream	£2.50
Orange, cointreau and vanilla crème brûlée with shortbread biscuits	£2.50
Selection of cheeses with homemade chutney, grapes, celery and biscuits	£3.95
Selection of ice cream and sorbets with tuille	£2.25

KIDS MENU

ALL £5.50

Chicken goujons, chips and peas or baked bean
Mini cheese burger, chips and tomato sauce
Kids portion pasta, mushroom, courgettes and parmesan
Kids portion pasta of the day with tomato sauce
Fish fingers, chips, peas or baked beans

FIXED PRICE LUNCH SET PRICE MENU £2.95 for 2 Courses

Soup of the day with granary garlic croutons.
Smoked salmon, dill crème cheese terrine with rocket and balsamic
Chicken and Parma ham terrine, fig, apple and chili chutney.

The Market place burger with cheese, red onion relish, bacon and house chips.
Smoked haddock Florentine, creamy mash, spinach and poached egg and mustard velouté.
Home rolled pappardelle, wild mushroom ragout, courgettes and parmesan

Chocolate and hazelnut brownie, chocolate sauce and banana ice cream
Mixed summer berry and apple crumble with vanilla ice cream
Selection of cheese with chili apple chutney and water biscuits.

Sunday menus available on request.

All of our food is freshly cooked hence menu is subject to change due to availability of ingredients.
Please allow a reasonable time between courses.

All prices include VAT.

Please be advised that nuts are used in our kitchens. If you do have any allergies please inform your waiter.