

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

Miso, Ginger, and Chilli Infused Ramen Style Broth with Pak Choi and Noodles £8.95 (VG)(GFA)

Home Cured and Cold Smoked Trout, Pickled Ginger, Wasabi and Beetroot Cream £10.50 (GF)

Smooth Chicken Liver and Orange Pate, Spiced Apple Chutney, Homemade Brioche £9.95 (GFA)

Roast Cauliflower Cheese Arancini with Toasted Almond Ajo Blanco and Virgin Olive Oil £9.75 (VG)(N)

Chicken, Langoustine and Sorrel Boudin (Sausage) with a Smoked Shellfish Bisque, Sea Asparagus and Fennel Seed Crumb £11.50 (GFA)

Home Cured Duck Ham, Confit Duck Croquette, Feta with Pomegranate Molasses £12 (£3 Sup) (GFA)

MAIN COURSE

Pan Roast Chicken in A Sage Butter with A Mini Chicken and Leek Pie, Panache of Greens, Pressed Herb New Season Potatoes and Jus £27 (GFA)

A Summer Salad of Crispy Baby Monkfish and Crab with an XO Glaze, Confit Tomato, Mango, Watermelon and Homemade Smoked Dulce £28.95 (£4 Sup) (GFA)

A pressing of Aubergine, Courgette and Giant Cous Cous with Nigella Seed Flat Bread, Saffron Scented Zaalouk Compote £25.50 (VG)(GFA)

Crispy Slow Cooked Belly Pork, Homemade Black Pudding and Pulled Pork Bonbon,
Whipped Goats' Cheese, Sesame Soy and Honey, Dijon Mustard Emulsion, Crackling Dust £27.95 (GFA)

Pan Roast Sea Bream, with Oven Baked Chilli King Prawn and Sea Asparagus Pilaf Rice and White Wine Velouté £27.75 (GF)

Sesame Roast Beetroot and Brie Pithivier with a Courgette and Parmesan Pattie and Oregano Chimichurri Dressing £26.50

EXTRAS & SIDES £4.95

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

DESSERT

Strawberry Panna Cotta with a Basil and Lime Sorbet, Meringue Crisps and Black Pepper Syrup £10.75 (GF)

Dark Chocolate and Orange Jersey Cream Jaffa Cheesecake with a Hob Nob Biscuit Crumb £11.50

Warm Lemon and Blueberry Tart with a Granny Smith Apple Sorbet £10.50 (VG)

A Selection of Parisellas of Conwy Ice Creams with Accompaniments £10.50 (GFA)

Award Winning Welsh and Irish Cheese with Onion Marmalade, Tan Lan Bara Brith and Bear Bakery Sour Dough Crisps £12.50 (£5 Sup) (GFA)

Please advise of us of any dietary requirements when making your order.

Please let us know if you have any allergies, we do make every effort to ensure there is no cross contamination, however most of our food types are prepared on site, so we cannot fully guarantee it.

If you require any allergen information, please ask a member of our team.

V - Vegetarian N - Contains Nuts VG - Vegan GFA - can be made Gluten Free upon request



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