

— EL —
PRADO
By Martinez

LUNCH MENU

Available at lunch time only

Below you will find our sample menu.

Subject to seasonal availability.

- £14.95 -

STARTERS

Homemade Chunky Vegetable Soup

Chargrilled Welsh Lamb Ribs served
with a spicy relish

Home cured Gravavlax of Salmon
with a dill mustard dressing

Prawn and Salmon Tian
marie rose dressing

House Chicken Liver Pate
served with a rich Cumberland sauce

MAINS

Deep Fried Atlantic Cod
homemade tartar sauce

Confit of Duck
sweet red cabbage, served with a pecan sauce

Slow Roast Neck of Welsh Lamb
seasonable vegetables with a rosemary and thyme jus

Chefs Traditional Homemade Steak and Onion Pie

Poached Scottish Salmon
hollandaise sauce

Chefs Homemade Fish Pie
topped with a fluffy mash potato

Whole Baked Locally Caught Trout
garlic and white wine sauce

ALL MAINS COME SERVED WITH A CHOICE OF POTATOES

PLEASE MAKE YOUR WAITER AWARE OF ALLERGIES

— EL —
PRADO
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DINNER MENU

Available at dinner time only

Below you will find our sample menu.

Subject to seasonal availability.

- £21.00 -

STARTERS

Homemade Mediterranean Fish Soup

served with an olive oil and balsamic dip

Crispy Goujons of Cod

homemade tartar sauce

Homemade Bajan Fishcakes

spicy coconut bell pepper sauce

Pan Fried Button Mushrooms

topped with a seasonal garnish

Avocado and Prawns

marie rose dressing

MAINS

Pan Fried Medallions of Beef Fillet

with a green peppercorn sauce

½ Honey Roasted Duck

sweet red cabbage, served with a pecan sauce

Slow Roast Shank of Lamb

seasonable vegetables & rosemary and thyme jus

Grilled Fillet of Scottish Salmon

topped with asparagus and hollandaise sauce

Whole Black Sea Bream served on the Bone

garlic butter sauce

Grilled Swordfish Steak

served with a coconut and bell pepper salsa

ALL MAINS COME SERVED WITH A CHOICE OF POTATOES

PLEASE MAKE YOUR WAITER AWARE OF ALLERGIES