



ial Restaurant is an extension of the hospitality & catering department here at Coleg Cambria. We champion some fantastic Welsh suppliers and even source produce from our own farm in Llysfasi. We invite our catering students here for work experience, please help support the start of their careers with us.

BAR SNACKS

Scotch Egg	£6.5
Treatly farm Wild boar scotch egg served with mustard emulsion	
Halloumi	£6.2
Teifi organic welsh halloumi fries with a chilli yoghurt dip (v)	
Hummus	£5
Beetroot hummus with chickpeas roasted beets and sesame and flatbread (v)	
Olives	£4
Mixed Belazu early harvest (v, gf)	
SIDES	
Garlic Kale	£4
Sauteed kale with garlic and welsh cider vinegar (ve) (gf)	
Creamed Mash	£4
Creamed carrot and parsnip mash (v) (gf)	
Butternut Squash Risotto	£4
Butternut squash and sage risotto, pumpkin seeds (gf) (v)	
Beetroot & Cheese Salad	£4.5
Roasted beetroot and goats cheese salad, balsamic and candied walnuts (n) (v)	

Not all allergens are noted on the menu. Please inform a member of the team about your dietary requirement so that we can best help you with your selection.

gf - Gluten Free gfa - Gluten Free alt available
ve - Vegan ve-a - Vegan alt available
n - Contains nuts v - Vegetarian

FROM THE BAKERY

Please choose one bread & preferred condiment

Sourdough	£2.5	Red pepper	
Mini focaccia muffin, Halen Mon sea salt and rosemary	£2.5	Balsamic caramelised onion chutney	
Seeded brown loaf	£2.5	Spiced apple chutney	
		Fig and honey chutney	

TO START

Scallop	£10	Cod Roe	£8.5
Pan seared XO scallop, spring onions, shiitake mushrooms served in a rich miso broth (gfa)		Smoked cod roe served with a toasted brioche, garlic oil and pickled mushrooms	
Welsh Goats Cheese Tartlet	£6	Chicken Skewers	£7
Roasted onion and Welsh goats cheese tartlet, drizzle of balsamic vinegar and fresh salad (v)		Maple glazed chicken skewers with a soy and Dijon marinade, served with a parsnip dip (gfa)	
Trefaldwyn cheesecake	£7	Pickled Beets	£6.5
Trefaldwyn cheesecake drizzled with Welsh honey and fig, served with ial bakery crackers (v)		Roasted and pickled beets, Welsh goats cheese, candied walnuts, welsh honey and balsamic (n) (gfa) (v)	
Soup of the day	£5.5	Pithivier	£6
Please ask your server for details (gf a)		Mushroom pithivier served with a creamy polenta and chimichurri dressing (v)	

MAIN EVENT

Welsh Lamb	£26	Beef	£20
Welsh lamb cannon served with charred hispi cabbage, Caesar emulsion, parmesan, pressed lamb belly and a red wine jus (gfa)		15 hour slowly braised beef brisket served with triple cooked chips, roasted tomato, parsnip puree and a red wine jus. A ial original dish & staff favourite (gf)	
Duck	£24	Lobster	£30
Creedy carver duck breast, beetroot tart fine, roasted carrot and pistachio pesto served with a Blackberry jus (n) (gfa)		Pan roasted lobster tail served with a saffron butter sauce, lobster and Teifi cheese bon bon, broccoli and triple cooked chips	
Hailbut	£25	Harissa Cauli	£17
Pan fried Halibut served with tenderstem broccoli and a lemon brown shrimp and caper beurre blanc (gf)		Harissa spiced cauliflower, butternut squash, couscous, kale and a honey yoghurt dressing (gf) (v)	
Butternut Squash	£17	Chicken Kiev	£16
Butternut squash savory granola crumble, Welsh cheese foam, tenderstem broccoli and sage (v)		Chicken kiev ballontine, root mash served with a kale and garlic cream sauce	

SANDWICHES - PASTA - SALAD

Served 12pm - 4pm Thursday to Saturday

Steak	£8	Harissa Cauli	£7
Philly cheese steak, roasted onions, rocket & mustard mayo, served on ial Bakery ciabatta & a sde of slaw		Harissa cauliflower served with roasted red onion, quinoa, yoghurt and baby leaf salad (v)	
Fish Fingers	£8	Pasta	£9
Fish finger sandwich served on ial bakery ciabatta with crushed minted peas and a seasonal salad		Butternut squash with ial bakery fusilli pasta served with roasted garlic creamy sauce and chilli (v)	
Goats Cheese Flatbread	£7		
Roasted onion and Welsh goats cheese flatbread, balsamic and rocket (v)			

FOR SUNDAY

Beef	£17
Rolled Pork Belly	
Roast of the Day	
All our Sunday roasts are served with roast potatoes, carrot puree, roasted carrot, greens, Yorkshire pudding & gravy	
Meat Free Roast of the Day	£15
Served with roast potatoes, carrot puree, roasted carrot, greens, Yorkshire pudding & gravy (v, ve-a, some weeks this may include nuts, please ask your server)	
Cauliflower Cheese (v)	£4
Maple Glazed Carrots (n, ve)	£4
Roast Potatoes	£4

FOR AFTERS

Pink & Blue	£9
Raspberry cheesecake, bubblegum ice cream, bubblegum macaron with white chocolate, fresh raspberries, raspberry dust and a meringue shard (n)	
Bakewell Tart	£8
Autumn bakewell tart, made from ial bakery with autumn berries, served with vanilla ice cream (n) (v)	
Sticky Toffee Apple Pudding	£6
Sticky toffee apple pudding, served with caramel sauce and vanilla ice cream (gf) (v)	
Chocolate Tart	£8
Chocolate and caramel tart served with burnt milk ice cream (v)	
Triple Choc Brownie	£7.5
Warm goo-ey triple chocolate brownie, chocolate sauce, chocolate crumb & vanilla ice cream (gf) (ve a)	
Bara Brith	£7.5
Award winning dark chocolate, orange and ginger Bara Brith, served with sauce anglaise (v)	

Cheese Board for Two	£17
Seasonal cheese plate expertly sourced by food blogger @littlewelshfoodie. Served with house ial Bakery bread, artisan biscuits, complimentary chutney & pickles, & Welsh honey (gf-a)	



TO BOOK CALL US ON 01978 548818 OR ONLINE WWW.IALRESTAURANT.CO.UK