

Food & Wine at Coes Faen Lodge

Welcome to Môr, our fine dining restaurant at Coes Faen Spa Lodge. We hope you enjoy your evening being looked after by our lovely, dedicated team. Our dishes are based on Italian cuisine, mainly from the Tuscan regional style, fused with wonderful local Welsh ingredients and supported by authentic specialities imported directly from our small-scale specialist suppliers in Italy.

All our dishes are cooked from scratch in our modern kitchen, headed up by Wayne Scarlet, our Head Chef. His Italian cooking skills were honed as a personal chef to an Italian Ambassador and he has worked as a demonstration chef on cruise ships around the world. He prepares fresh bread and pasta daily, as part of a simple menu showcasing our favourite Italian flavours. Our menu changes monthly to allow us to share with you the delights of naturally seasonal ingredients.

We do not use any bought-in, frozen or pre-prepared dishes. Our passion is to create our own signature flavours, and we take great care about the provenance of our food. Our sourcing of fresh ingredients to people we know and trust is a key part of our approach to cooking. We use organic ingredients wherever feasible and wild or high animal welfare meats, we source many ingredients to a select group of small businesses whose owners we know, and we favour artisan approaches and small scale for a more personal, tasty and higher quality outcome. We want to offer food that is good to eat in the broader meaning of the phrase.

Naturally, we are vegetarian, vegan and gluten-free friendly, and aim to create dishes that make dining an equally enjoyable experience for everyone. For our new Autumn menu, we have added some seasonal favourites and also a special selection of dishes marked in blue, which are seasonal dishes offered according to market availability. We hope you thoroughly enjoy your evening with us.

Diolch yn Fawr iawn

Richard and Sara Parry-Jones

A SAMPLE OF OUR NETWORK OF SUPPLIERS:

WALES

Dairy products | Rachel's Dairy, Aberystwyth
Welsh Cheeses | Carwin Adams at Caws Cenarth, Tony Craske at Pant Ysgawn, Carrie Rimes at Cosyn Cymru
Air-cured ham | Albert Rees, Camarthen Hams
Salumi | The Baker's Pig, Ammanaford
Fresh fruit, herbs and Vegetables | M Hughes Llandudno, and our own garden,
Fresh eggs | Jeff Svensen, from his farm next door
Preserves | Goetre Isaf Farm, Bontddu in our own valley
Organic meats | Rhug Farm, Corwen, TJ Roberts, Bala
Fish | Richard Evans of Bwyd Môr, Pwllheli, Rob Evans, local fisherman in Barmouth
Shellfish from Cardigan Bay | Mary White, Llyn Peninsula
Smoked products | Black Mountains Smokery, Crickhowell

ITALY

Pecorino cheese | Giovanna e Silvana Cugusi, Pienza, Toscana
Organic Parmigiano cheese | Umberto Panini, Hombro, Modena
Prosciutto and Salumi di Toscana | Lorenzo Stefano, Antica Macelleria Falorni, Greve in Chianti
Olive oil | Barone Ricasoli, Castello di Brolio, Gaiole in Chianti
Truffles | The Truffle Hunter, San Regolo



MÔR RESTAURANT
AT COES FAEN LODGE

Dinner Menu

Autumn - 2018 - Autunno

Fixed menu price - 2 courses £35 - 3 courses £45 - 4 courses £55
plus supplementments where indicated

Antipasti

IMPETATA DI COZZE (GF)

A taste of Conwy mussels cooked in Welsh cider, herbs and black pepper, finished with a swirl of organic Welsh cream and a toasted focaccia slice on the side.

SUGGESTED WINE: VERMENTINO

AFFETTATO MISTO (+)

A platter of Italian-style cured meats and cheese, including Pecorino, Prosciutto di Parma and a selection of Welsh artisanal organic Salumi made in small batches in the Brecon Beacons.

SUGGESTED WINE: CHIANTI CLASSICO

ARANCINI (V)

Deep fried risotto rice balls Sicilian-style with sun-dried tomatoes, oozing with a filling of buffalo mozzarella (GF version available)

SUGGESTED WINE: SOAVE

Primi

ZUPPA DI FUNGHI (V, GF)

A fresh soup of wild and cultivated mushrooms including porcini, garnished with tarragon-flavoured olive oil

SUGGESTED WINE: ORVIETO CLASSICO

RAVIOLI AL GRANCHIO

*A large fresh pasta ravioli generously filled with fresh Lleyn crab meat and ricotta
Served with a dressing of lemon-flavoured Welsh organic butter*

SUGGESTED WINE: VERMENTINO

SPAGHETTI CON CAPESANTE E PISTACCHI (+)

Spaghetti with sautéed West Coast hand-dived scallops and a lemony pistachio cream sauce

SUGGESTED WINE: VERNACCIA

PAPARDELLE AL CINGHIALE

Fresh wide ribbon pasta dressed with a slow-cooked sauce of native wild boar, richly flavoured with tomatoes, mixed fresh herbs and juniper

SUGGESTED WINE: CHIANTI CLASSICO

RIGATONI AL PANGRATTATO (V)*

Pasta dressed with a sauce of olive oil, garlic, sweet red peppers and crunchy breadcrumbs, garnished with crispy horseradish

SUGGESTED WINE: CHIANTI ROSE

POLENTA AL TARTUFO FRITTO (V, GF)

Truffle Polenta Chips with Garlic Mayonnaise

SUGGESTED WINE: CHIANTI CLASSICO, LANGHE

**some cheeses contain animal rennet. Please ask our staff about any special dietary requirements.*



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Secondi

SPIGOLA SCOTATTO (GF)

Pan-seared wild sea bass fillets with oven-roasted cherry tomatoes, olive oil, crushed cannellini beans and salsa verde

WINE SUGGESTED: VERMENTINO

SOGLIOLA AL SALSA SALMORIGLIO (GF)

Grilled fillets of fresh local lemon sole served with an olive oil, lemon and herb sauce, served with steamed green beans

WINE SUGGESTED: VERNACCIA

FILLETTO DI MANZO AL GRAPPA (++) (GF)

Grilled fillet of beautifully-aged Bala Welsh Black beef with a green peppercorn and grappa cream sauce accompanied by steamed green beans and roasted carrots

WINE SUGGESTED: BAROLO

AGNELLO ALLA SCOTTADITO CON ZOGGHU (GF)

Organic local Welsh lamb loin chops marinated in wine and herbs then simply grilled, served with cauliflower puree, peas and a Sicilian mint sauce. Feel free to pick up by the bone to enjoy!

WINE SUGGESTED: CHIANTI CLASSICO

POLLO ARROSTO AL MARSALA (GF)

Roasted chicken, marinated in saffron and Marsala, topped with toasted nutty herb breadcrumbs and served with roasted cherry tomatoes and grilled courgettes

WINE SUGGESTED: VALPOLICELLA

LA PARMIGIANA DI MELANZANE (V, GF)

Roasted aubergines layered with Taleggio cheese and rich tomato sauce mushrooms

WINE SUGGESTED: BARBERA D'ASTI

(+) £5.00 supplement -- (++) £10 supplement

*SOME CHEESES CONTAIN ANIMAL RENNET.
PLEASE ASK OUR STAFF ABOUT ANY ALLERGIES OR SPECIAL DIETARY



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Dolci

BUDINO DI RICOTTA ALLA ROMANO (V)

Baked ricotta cheesecake with rum and spices, served with a dash of whipped vanilla mascarpone

WINE SUGGESTED: GRANELLO

TORTA DI CIOCCOLATO (V)

Dark chocolate ganache tart, stem ginger mascarpone, charred oranges and nut brittle

WINE SUGGESTED: AMARONE

AFFOGATO DI CAFFÉ MERLINO (V, GF)

Soft Italian vanilla gelato made with Welsh organic dairy products and Madagascan vanilla, served with a hot caffè corretto (espresso with a shot of Merlin liqueur)

WINE SUGGESTED: NONE

SUSINE AL FORNO (V, GF)

Italian red plums roasted with butter and Vin Santo, served with a dash of Vanilla Mascarpone

WINE SUGGESTED: GRANELLO

Cantucci con Vin Santo (V)

Pistachio and vanilla biscuits with a glass of smoky Vin Santo for dunking

WINE SUGGESTED: INCLUDED

FORMAGGIO (V)* (+)

Selection of Italian and Welsh cheeses with artisan crispbreads, pear and apple slices and walnuts

WINE SUGGESTED: BARBARESCO, CHIANTI CLASSICO

Wales: Perl Las, Caws Cenarth, Smoked Caerffili, Brefu Bach,

Italy: Pecorino Fresco, Pecorino Stagionato, Pecorino Tartufo

Dessert Wines

VIN SANTO TOSCANA IGT | BADIA COLTIBUONO | TOSCANA

125 ML GLASS | £9

Intense and complex, cherries combine with aromatic herbs, spice and cocoa with a long dry finish

GRANELLO | TOSCANA IGT PASSITO | RICASOLI | TOSCANA

125 ML GLASS | £9

Extremely clean nose, with a very wide varying aromatic framework of candied citrus fruit, dried figs, apricot, and

JURANCON 2013 | DOUX | SOUTH WEST FRANCE

125ML GLASS | £4

Aromas of tropical fruit such as pineapple and mango -- try it chilled with a pudding or a slice of cake.

ROYAL TOKAJI | ASZU 5 PUTTONYIOS | TOKAJI | HUNGARY

125 ML GLASS | £9

A beautifully rich, honeyed Tokaji with citrus, apricot and nutty flavours and a fresh finish.

SPECIALTY COFFEES SERVED WITH OUR OWN DECADENT CHOCOLATE TRUFFLES

COFFI GYMRAEG MAWR | £9

Café latte enlivened with Welsh whisky

COFFI GYMRAEG BACH | £8

Esspresso shot served with steamed milk and Merlin Welsh liqueur



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