



# Cena -- Primavera

## *Dinner Menu -- Spring 2019*

*Fixed price Menu -- 2 courses £35, 3 courses £45, 4 courses £55  
plus supplements where indicated (+)*

## Food and 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 Spring menu, we have added some seasonal favourites and also a special selection of dishes marked in *blue italics* 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*



## Antipasti

### *Capesante alla Venetia (+)*

Hand-dived West Coast scallops served Venetian style with toasted herbed breadcrumbs

### *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.

### *Arancini (V)* (Also available in GF version)

Deep fried risotto rice balls Sicilian-style with sun-dried tomatoes, oozing with a filling of buffalo mozzarella

### *Asparagi al forno (V, GF)*

Shropshire asparagus roasted with olive oil, garlic and basil

### *Insalata Mista (V, GF)*

Our own fresh leaf salad with walnuts, pecorino cheese and pears

## Primi

### *Aragosta alla Linguine (+)*

Locally caught Lleyn lobster cooked in a rich tomato sauce spiced with chilli and garlic, served with fresh linguine pasta

### *Ravioli al Granchio*

A large fresh pasta ravioli filled with fresh local crab meat and ricotta, with a dressing of lemon-flavoured Welsh organic butter

### *Spaghetti con Pistacchi (V)*

Spaghetti with a lemony pistachio cream sauce  
(Available in GF version)

### *Tagliatelle con Gamberi*

Fresh pasta with a sautéed prawn dressing

**+ = £5 Supplement ++ = £10 supplement**

## Secondi

### *Aragosta gratinate (++)*

Whole fresh local Lleyn lobster, split and gratinéed with a sauce of herbs and creamy mushrooms

### *Spigola scotatto (GF)*

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

### *Sogliola al salsa Salmoriglio (GF)*

Grilled fillets of fresh local lemon sole served with an olive oil, lemon and oregano sauce, served with sautéed spinach

### *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

### *Agnello alla Scottadito con Zogghiu (GF)*

Organic local Welsh lamb loin chops marinated in wine and herbs then simply grilled, served with cauliflower puree, fresh peas and a Sicilian mint sauce.

### *Faraona arrosto al Marsala (GF)*

Roast guinea fowl, marinated in saffron and Marsala, topped with toasted nutty herb breadcrumbs and served with roasted cherry tomatoes and grilled courgettes

### *La Parmigiana di Melanzane (V, GF)*

Roasted aubergines layered with Taleggio cheese and rich tomato sauce

**+ = £5.00 supplement** **++ = £10 supplement** \*SOME CHEESES CONTAIN ANIMAL RENNET.

PLEASE ASK OUR STAFF ABOUT ANY ALLERGIES OR SPECIAL DIETARY REQUIREMENTS

# Dolci

## ***Semifreddo di rabarbaro (V)***

Rhubarb semifreddo with Ginger Snaps, Pistachio cream

## ***Torta di Cioccolato (V)***

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

## ***Affogato di caffè Merlino (V, GF)***

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

## ***Susine al forno (V, GF)***

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

## ***Cantucci con Vin Santo (V)***

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

## ***Formaggio (V)\* (+)***

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

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

Italy: Pecorino Fresco, Pecorino Stagionato, Pecorino Tartufo

## Specialty Coffees and Teas served with our own decadent Chocolate Truffles

**Coffi Gymraeg Mawr** Café latte enlivened with Welsh whisky **£9**

**Coffi Gymraeg Bach** Espresso shot served with steamed milk and Merlin Welsh liqueur **£8**

**Selection of Fruit and Digestive Teas** from Whittard of Chelsea **£4**

**Te Glas** Our signature tea, a blend of Earl Grey and organic blue cornflowers **£5**

**+ = £5.00 supplement**

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