



FOUR CROSSES

PUB & RESTAURANT

SANDWICHES

served 12pm - 3pm

All served on a choice of white, brown or toasted ciabatta served with dressed salad, coleslaw and tortilla crisps

FOUR CROSSES PHILLY CHEESE STEAK 13.95

slices of sirloin steak fried with onions, peppers and cheddar cheese

PLOUGHMANS SANDWICH 12.95

roast ham, cheddar cheese and onion chutney

CLASSIC PRAWN MARIE ROSE 12.95

prawns in a marie rose sauce and mixed leaves

ROAST HAM AND COLESLAW 12.95

shredded chicken in a tarragon mayonnaise

CHICKEN AND TARRAGON 12.95

shredded chicken in a tarragon mayonnaise

ROASTED MEDITERRANEAN (VE) 12.95

vegetables and hummus

STARTERS

RED PESTO AND KING PRAWN BRUSCHETTA 12.95

toasted rustic bread topped with red pesto marinated king prawns, coriander, chilli and spring onion

CHEFS SOUP OF THE DAY (V) 7.95

served with rustic bread and butter (vegan option available)

HAM HOCK, WHOLEGRAIN MUSTARD AND HONEY TERRINE 11.95

pressed ham hock terrine served with picailly and rustic bread

CRISPY SALT AND PEPPER WINGS 11.95

crispy spiced wings topped with hot honey and dressed rocket

WARM GOATS CHEESE TART (V) 9.95

topped with red onion chutney and dressed rocket

PASTA

PORK SAUSAGE & PEPPERONI LINGUINE 16.95

sliced pork sausage, pepperoni and linguine pasta in a rich creamy tomato sauce topped with parmesan and served with garlic ciabatta

CHEFS SEAFOOD LINGUINE 19.95

chefs seafood of the day, leeks and linguine in a rich parmesan and parsley cream sauce served with garlic ciabatta

MEDITERRANEAN VEGETABLE LASAGNE (V) 16.95

mediterranean vegetables in a rich tomato sauce layered with pasta and bechamel sauce topped with cheese, served with rustic chips and dressed salad

SALADS

SALT AND PEPPER STEAK SALAD 16.95

chargrilled strips of 6oz sirloin steak, onion, peppers and chillies tossed in a chinese salt and pepper seasoning with mixed leaves and soy and honey dressing

THE FOUR CROSSES PLOUGHMANS 19.95

ham hock wholegrain mustard and honey terrine, a selection of welsh mature white and red cheddar cheeses, pickled onions, pork pie, apples, piccalilly dressed salad and rustic bread

CRISPY HALLOMI AND SWEET CHILLI SALAD (V) 14.95

crispy slice halloumi, red onion cherry tomato and mixed leaves with a sweet chilli dressing

FOUR CROSSES CAPRESE SALAD (V) 13.95

slices of smoked mozzarella and tomato topped with sweet basil, sea salt and cracked black pepper, dressed with olive oil

CHAR GRILLED CAJUN CHICKEN AND MANGO SALSA SALAD 14.95

liced chargrilled cajun chicken breast, mixed leaves and red onion topped with mango salsa

MOROCCAN SPICED CAULIFLOWER AND LEMON AND TAHINI DRESSING (VE) 13.95

crispy moroccan spiced cauliflower bites, red onion, cherry tomato and mixed leaves dressed with lemon and tahini dressing

FROM THE SEA

BEER BATTERED FISH OF THE DAY 19.95

chefs fish of the day served with rustic chips, garden peas, tartar sauce and lemon

PAN FRIED SEA BREAM 23.95

fillet of sea bream, parmentier potatoes buttered greens, tomato chutney and lemon and herb oil

BAKED SEA TROUT 21.95

oven baked sea trout fillet, roast pepper and herb couscous, caper and lemon butter

GRILL

FOUR CROSSES BACON CHEESEBURGER 19.95

two four oz beef burgers topped with crispy bacon, cheddar cheese, lettuce and tomato served in a brioche bun. Served with rustic chips and coleslaw

FOUR CROSSES PULLED BBQ PORK BURGER 21.95

two four oz beef burgers topped with cheddar cheese, pulled bbq pork, lettuce, tomato served in a brioche bun. Served with rustic chips and coleslaw

FOUR CROSSES HUNTERS CHICKEN BURGER 18.95

chargrilled chicken breast topped with crispy bacon, smokey bbq sauce and cheddar cheese, lettuce and tomato in a brioche bun. Served with rustic chips and coleslaw

12OZ GAMMON 19.95

chargrilled 12oz gammon steak served with rustic chips, fried egg, pineapple and garden peas

10 OZ SIRLOIN STEAK 31.95

chargrilled 10 oz sirloin steak served with rustic chip, roasted tomato, mushroom, garden peas and beer battered onion rings

10OZ RUMP STEAK 29.95

chargrilled 10oz rump steak served with rustic chips, roasted tomato, mushroom, garden peas and beer battered onion ring

PUB CLASSICS

CHEF'S CURRY OF THE DAY 17.95

served with rice, rustic chips, naan bread and mango chutney

CHEFS PIE OF THE DAY 19.95

served with rustic chips, garden peas and rich gravy

OLD FASHIONED HAM 13.95

served with rustic chips, garden peas and two fried eggs

CLASSIC PORK SAUSAGES 16.95

served with mash potatoes, garden peas and rich onion gravy

PHILLY CHEESE STEAK MACARONI BAKE 18.95

chargrilled strips of 6oz sirloin steak, onions and peppers in a rich macaroni and cheese bake served with dressed salad and beer battered onion rings

FOUR CROSSES LASAGNE 19.95

classic pork and beef mince lasagne served with rustic chips, dressed salad and garlic ciabatta

LENTIL AND MIXED BEAN CHILLI (VE) 15.95

served with rice, tortilla crisps and coriander

HONEY AND CHILLI CRISPY SHREDDED CHICKEN, RED ONION AND PEPPERS 17.95

served with rice and spring onion

KIDS

PORK SAUSAGES 9.95

served with chips, garden peas or beans

CHICKEN CHUNKS 9.95

served with chips, garden peas or beans

4OZ BEEF BURGER 10.95

topped with cheddar cheese served in a brioche bun with chips, peas or beans

BATTERED FISH GOUJONS 10.95

served with chips, garden peas or beans

MACARONI AND CHEESE 10.95

served with garlic ciabatta and chips

(vegetarian / vegan kids pasta available on request)

SIDES

CHIPS 5

CHIPS AND CHEESE 5.5

GARLIC CIABATTA 4

GARLIC CIABATTA WITH CHEESE 4.5

BEER BATTERED ONION RINGS 4

PEPPERCORN SAUCE 4

FOUR CROSSES SALAD TOPPED WITH BALSAMIC GLAZE 5

DESSERTS

CLASSIC WARM STICKY TOFFEE PUDDING 7.95

served with welsh cake ice cream and toffee sauce

CHEESECAKE OF THE DAY 7.95

served with vanilla ice cream and fruit coulis

WARM CHOCOLATE FUDGE CAKE 7.95

served with vanilla ice cream and chocolate sauce

SELECTION OF ICE CREAM OR SORBETS 6.95

served with fruit coulis

ROULADE OF THE DAY 7.95

served with pouring cream and fruit coulis

FOOD ALLERGIES & INTOLERANCES

Before ordering drink or food please speak to a member of our staff about your requirements. Whilst we take care to preserve the integrity of our vegetarian products, we must advise that these products are handled in a multi-ingredient kitchen environment. Some fish may contain small bones.



FOUR CROSSES

PUB & RESTAURANT

BRECHDANAU

ar gael o 12yn-3yh

Y cyfan wedi'u gweini ar ddewis o ciabatta gwyn, brown neu wedi'i dostio ac wedi'u gweini gyda salad, colslo a chreision tortilla

PHILLY CHEESESTEAK FOUR CROSSES 13.95

sleisys o stêc sylwlyn wedi'i ffrio gyda nionod, pupur a chaws cheddar

BRECHDAN PLOUGHMANS 12.95

ham wedi'i rostio, caws cheddar a siytni nionyn

CORGIMYCHIAID MARIE ROSE CLASUROL 12.95

corgimychiaid mewn saws Marie Rose a dail cymysg

HAM WEDI'I ROSTIO A CHOLSLO 12.95

CYW IÂR A THARAGON 12.95

cyw iâr wedi'i rwygo mewn mayonnaise taragon

LLYSIAU O FÔR Y CANOLDIR (VE) 12.95

wedi'u rhostio a hwmws

I DDECHRAU

BRUSCHETTA PESTO COCH A 12.95

CHORGIMYCHIAID MAWR
tbara wedi'i dostio gyda chorgimychiaid wedi'u marinadu mewn pesto coch, coriander, tsili a nionyn gwyrdd

CAWL Y DYDD (V) 7.95

wedi'i weini gyda bara a menynd
(opsiwn fegan ar gael)

TERÏN HAM, MWSTARD GRAWN 11.95

CYFLAWN A MÊL
terÏn ham wedi'i weini gyda phicaili a bara

ADENYDD HALEN A PHUPUR CRENSIOG 11.95

adenydd crensiog sbeislyd gyda mêl poeth a roced

TARTEN CAWS GAFR CYNNES (V) 9.95

gyda chutney nionyn coch a roced

PASTA

LINGUINE SELSIG PORC A PEPERONI 16.95

sselsig porc wedi'i sleisio, peperoni a pasta linguine mewn saws tomato hufennog cyfoethog gyda pharmesan wedi'i weini gyda ciabatta garlleg

LINGUINE BWYD MÔR 19.95

bwyd môr y dydd, cennin a linguine mewn saws hufen parmesan a phersli cyfoethog wedi'i weini gyda ciabatta garlleg

LASAGNE LLYSIAU O FÔR Y CANOLDIR (V) 16.95

llysiau o Fôr y Canoldir mewn saws tomato cyfoethog mewn haenau o basta a saws bechamel gyda chaws ar ei ben, wedi'i weini gyda sglodion a salad

SALADS

SALAD STÊC HALEN A PHUPUR 16.95

stribedi wedi'u grilio o stêc sylwlyn 6 owns, nionod, pupur a tsilis wedi'u taflu mewn halen a phupur Tsieineaidd gyda dail cymysg a dresin soi a mêl

PLOUGHMANS Y FOUR CROSSES 19.95

terÏn ham, mwstard cyflawn a mêl, detholiad o gawsiau cheddar gwyn a choch aeddfed Cymreig, nionod wedi'u piclo, pastai porc, afalau, salad wedi'i wisgo â phicalili a bara

SALAD HALLOUMI CRENSIOG A TSILI 14.95

MELYS (V)

halloumi crensiog wedi'i sleisio, nionod coch, tomatos bach melys a dail cymysg gyda dresin tsili melys

SALAD CAPRESE Y FOUR CROSSES (V) 13.95

sleisys mozzarella wedi'i fygu a thomato gyda basil melys, halen môr a phupur du, gyda dresin olew olewydd

SALAD CYW IÂR CAJUN WEDI'I OLOGSI 14.95

A SALSA MANGO

sleisys o frest cyw iâr cajun wedi'i ologsi, dail cymysg a nionod coch gyda salsa mango ar ei ben

BLODFRESYCH Â SBEISYS MOROCO 13.95

A DRESIN LEMWN A TAHINI (VE)

darnau crensiog o flodfresych â sbeisys Morocco, nionod coch, tomatos bach melys a dail cymysg gyda dresin lemwn a tahini

O'R MÔR

PYSGODYN Y DYDD MEWN CYTEW CWRW 19.95

pysgodyn y dydd wedi'i weini gyda sglodion, pys gardd, saws tartar a lemwn

MERFOG MÔR WEDI'I FFRIO MEWN 23.95

PADELL ffiled o ferfog môr, ciwbiau tatws bach crensiog, llysiau gyda menynd, siytni tomato ac olew lemwn a pherlysiau

BRITHYLL MÔR WEDI'I BOBI 21.95

ffiled brithyll môr wedi'i bobi yn y popty, pupur rhost a couscous perlysiau, menynd lemwn a chaprys

GRIL

BYRGYR CAWS A BACWN Y 19.95

FOUR CROSSES

dau fyrgyr cig eidion 4 owns gyda bacwn crensiog, caws cheddar, letys a thomato mewn bynsen brioche. Wedi'i weini gyda sglodion a cholslo

BYRGYR PORC BARBECIW CARPIOG 21.95

Y FOUR CROSSES

dau fyrgyr cig eidion pedair owns gyda chaws cheddar, porc barbeciw carpiog, letys, tomato mewn bynsen brioche, wedi'i weini gyda sglodion a cholslo

BYRGER CYW IÂR Y FOUR CROSSES 18.95

brest cyw iâr wedi'i grilio gyda bacwn crensiog, saws barbeciw myglyd a chaws cheddar, letys a tomato mewn bynsen brioche, wedi'i weini gyda sglodion a cholslo

GAMWN 12 OWNS 19.95

stecen gamwn 12 owns wedi'i grilio wedi'i weini gyda sglodion, wy wedi'i ffrio, pîn-afal a phys gardd

STECEN SYRLWYN 10 OWNS 31.95

stecen sylwlyn 10 owns wedi'i golosgi wedi'i gweini gyda sglodion, tomato wedi'i rostio, madarch, pys gardd a modrwyau nionod mewn cyteu cwrw

STECEN RYMP 10 OWNS 29.95

stecen rymp 10 owns wedi'i golosgi wedi'i gweini gyda sglodion, tomato wedi'i rostio, madarch, pys gardd a modrwyau nionod mewn cyteu cwrw

CLASURON TAFARN

CYRRI'R DYDD 17.95

wedi'i weini gyda reis, sglodion, bara naan a siytni mango

PEI Y DYDD 19.95

wedi'i weini gyda sglodion, pys gardd a greffi cyfoethog

HAM HEN FFASIWN 13.95

wedi'i weini gyda sglodion, pys gardd a dau wy wedi'u ffrio

SELSIG PORC CLASUROL 16.95

wedi'u gweini gyda thatws stwnsh, pys gardd a greffi nionod cyfoethog

MACARONI PHILLY CHEESESTEAK 18.95

WEDI'I BOBI

stribedi wedi'u grilio o stêc sylwlyn 6 owns, nionod a phupur mewn macaroni a chaws cyfoethog wedi'u pobi, wedi'u gweini gyda salad a modrwyau nionod mewn cyteu cwrw

LASAGNE Y FOUR CROSSES 19.95

lasagne briwgig porc a chig eidion clasurol wedi'i weini gyda sglodion, salad a ciabatta garlleg

TSILI FFACBYS A FFA CYMYSG (VE) 15.95

wedi'i weini gyda reis, creision tortilla a choriander

CYW IÂR MÊL A TSILI CRENSIOG WEDI'I 17.95

RWYGO, NIONOD COCH A PHUPUR

wedi'i weini gyda reis a sibols

PLANT

SELSIG PORC 9.95

wedi'u gweini gyda sglodion, pys gardd neu ffa

DARNAU CYW IÂR 9.95

wedi'u gweini gyda sglodion, pys gardd neu ffa

BYRGYR CIG EIDION 4 OWNS 10.95

gyda chaws cheddar wedi'i weini mewn bynsen brioche gyda sglodion, pys neu ffa

STRIBEDI PYSGOD MEWN CYTEW 10.95

wedi'i weini gyda ciabatta garlleg a sglodion

MACARONI A CHAWS 10.95

served with garlic ciabatta and chips

(pasta plant llysieuol / fegan ar gael ar gais)

AR YR OCHR

SGLODION 5

SGLODION A CHAWS 5.50

CIABATTA GARLLEG 4

CIABATTA GARLLEG GYDA CHAWS 4.50

MODRWYAU NIONOD MEWN CYTEW 4

CWRW

SAWS GRAWN PUPUR 4

SALAD Y FOUR CROSSES GYDA 5

SGLEIN BALSAMIG

PWDINAU

PWDIN TAFFI GLUDIOG CYNNES 7.95

CLASUROL

wedi'i weini gyda hufen iâ cacen gri a saws taffi

TEISEN GAWS Y DYDD 7.95

wedi'i gweini gyda hufen iâ fanila a coulis ffrwythau

TEISEN GYFFUG SIOCLED 7.95

cynnes wedi'i gweini gyda hufen iâ fanila a saws siocled

DEWIS O HUFEN IÂ NEU SORBETS 6.95

wedi'u gweini gyda coulis ffrwythau

ROULADE Y DYDD 7.95

wedi'i weini gyda hufen arllwys a coulis ffrwythau

ALERGEDDAU AC ANODDEFIAD BWYD

Cyn archebu diod neu fwyd, siaradwch ag aelodo'n staff am eich gofynion. Er ein bod yn cymryd gofal i warchod cyfanrwydd ein cynhyrchion ysieuol, mae'n rhaid i ni gynghori bod y cynhyrchion hyn yn cael eu trin mewn amgylchedd cegin aml-gynhwysyn. Gall rhai pysgod gynnwys esgyrn bach.