

Lamb and Flag, Abergavenny

PUB CLASSICS

Hunter's Chicken - 1,085 kcal ⓘ **£12.29**

A roasted chicken breast topped with melted Mozzarella & Cheddar cheese with crispy bacon, smothered in BBQ sauce. Served with chips, half a grilled tomato, beer-battered onion rings and topped with rocket.

Beef Lasagne - 778 kcal ⓘ **£11.99**

Rich beef ragú layered with pasta and a Cheddar cheese sauce. Topped with Mozzarella & mature Cheddar cheese and served with garlic bread and a salad garnish.

Swap your garlic bread for chips Lasagne upgrade - 277 kcal ⓘ **£1.00**

Chicken Tikka Masala - 1,102 kcal ⓘ **£12.29**

Tender chicken pieces in a mildly spiced tomato and onion sauce, flavoured with coriander. Served with pilau rice, naan bread, a poppadom and mango chutney

Steak & Ale Pie - 1,332 kcal ⓘ **£12.79**

Our classic steak & ale pie. A shortcrust pastry base filled with tender chunks of beef in a rich ale gravy, topped with puff pastry sprinkled with cracked black pepper. Served with chips, garden peas and gravy.

Double your chips

Chips ‡ - 486 kcal ⓘ **£1.79**

Vegetable Chilli - 798 kcal V Vc ⓘ **£12.29**

A delicious vegetable and meat-free mince, served with pilau rice and tortilla chips. Topped with salsa, guacamole, sour cream-style sauce and jalapeños. Sprinkled with chopped chives.

Hand-Battered Fish & Chips

Large fish fillet battered in-house with our famous Marston's Pedigree beer batter. Served with chips and tartare sauce.

WITH YOUR CHOICE OF

Mushy peas - 1,449 kcal ⓘ **£13.99**

Garden peas - 1,377 kcal ⓘ **£13.99**

Wholetails of Breaded Scampi ‡

12 succulent wholetails of Whitby scampi, served with chips and tartare sauce.

WITH YOUR CHOICE OF

Mushy peas - 1,120 kcal ⓘ **£11.99**

Garden peas - 1,048 kcal ⓘ **£11.99**

House Salads

Our salads are served on a bed of mixed leaves with slices of cucumber, tomato, red onion, red pepper, quinoa, kale, brown rice and soya beans. Tossed in a French dressing and topped with crispy onions.

CHOOSE YOUR TOPPING

BBQ Cauliflower Wings - 465 kcal V Vc ⓘ **£12.50**

Chicken & Bacon - 543 kcal ⓘ **£12.50**

(DESSERTS ON NEXT PAGE)

DESSERTS

Sherry Trifle Cheesecake - 451 kcal V (i) **£5.99**

Soft vanilla sponge topped with raspberry sauce and custard flavour cheesecake. Finished with whipped cream, white chocolate flakes and freeze-dried raspberry pieces. Served with raspberry sauce and cold custard.

Apple Crumble

Chunky slices of apples, cooked with dark sugar and cinnamon. Topped with crunchy golden syrup crumble, drizzled with toffee sauce and served with custard.

Apple Crumble - 635 kcal V (i) **£5.99**

Vegan option available when served without the toffee sauce and with vegan vanilla flavoured ice cream. - 557 kcal V (i) **£5.99**

Add a scoop of ice cream to any dessert

Chocolate Ice Cream - 96 kcal V (i) **£1.29**

Strawberry Ice Cream - 93 kcal V (i) **£1.29**

Vanilla Ice Cream - 86 kcal V (i) **£1.29**

Chocolate Fudge Cake - 695 kcal V (i) **£5.99**

Goosey and chocolatey. Served warm or cold with vanilla flavour ice cream.

Sticky Toffee Pudding

A soft and sweet toffee sponge dotted with date pieces and topped with a rich toffee sauce.

CHOOSE FROM

Vanilla flavour ice cream - 519 kcal V (i) **£5.99**

Warm custard - 519 kcal V (i) **£5.99**

Rocky Road Sundae - 619 kcal (i) **£5.99**

Chocolate and vanilla flavour ice creams layered with soft chocolate brownie chunks, marshmallows and drizzled with chocolate sauce and squirty cream. Finished with a chocolate flake.

V/VE Suitable for vegetarians and vegans or option available. V*/VE* We cannot guarantee that our vegetarian and vegan dishes have been cooked in dedicated vegetarian and vegan fryers. We select our fish from sustainable sources. Our scampi is made from more than one tail of Langoustine caught in UK waters. We regret that we cannot guarantee that our meat and seafood dishes do not contain bones or shell. ^Contains alcohol. Where we state a weight, it's a raw weight and 1oz equals approximately 28 grams. Calorie counts are for guidance only and are based on the complete dish/drink as listed on the menu. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may vary between pubs. To ensure our customers have choice, temporary product substitutions may be required which can affect the calorie content listed for our dishes on the menu. Please drink responsibly.