

DINNER (SERVED 1800-2100)

Sausage & Mash Potato,
Caramelised Onion Gravy **£10.95**

Glamorgan Sausage & Mash
Potato, Caramelised Onion Gravy **£10.95**

Tagliatelle Pasta, Roasted Vegetables
with Herb Cream & Parmesan Sauce **£9.95**

Nachos with Beef Chilli **£5.95**

ST MELLONS KEBABS

All served with Naan Bread, Baby Gem,
Slaw, Buttermilk Aioli, Pickled Carrot,
Spring Onion & Chilli

Garlic & Chilli Chicken **£9.95**

Smoked Beef Brisket with Espresso
BBQ Sauce **£10.95**

Slow Roast Pulled Pork Shoulder **£10.95**

Sweet Potato & Chickpea Falafel **£8.95**

8oz BEEF BURGER

with Bacon, Cheese, Pickled Red
Onion, Russian Dressing, Brioche
Bun & Chips **£13.95**

SIDES

Garlic Bread **£3.95**

Cheesy Garlic Bread **£4.95**

Onion Rings **£3.45**

Coleslaw **£2.45**

Chips **£3.45**

DESSERTS

Chocolate Brownie, Whipped Cream,
Fruit **£5.45**

Meringue, Strawberries & Cream **£5.45**

Selection of Ice Cream & Sorbets (per scoop) **£1.50**

the **P**anacea
at St Mellons

Menu

ALLERGY ADVICE STATEMENT

Some items may contain nuts, cereals or any one
of the fourteen major allergens. For further information
please ask to see our ingredient list.

THE PANACEA MENU

BRUNCH AND LUNCH

(0700-1430 MONDAY - FRIDAY / 0800-1430 ON WEEKENDS)

PORRIDGE

Topped with Mixed Berries & Almonds **£4.95**

FRESH FRUIT SALAD

Watermelon, Strawberries,
Pomegranate Seeds, Grapes, Banana **£3.95**

TOAST

With Honey, Jam or Marmalade **£2.95**

GREEK YOGHURT

With Granola, Dried Cranberries & Mint **£4.95**

EGGS ON TOAST

Choice of Fried, Scrambled or Poached **£4.95**

EGGS FLORENTINE

Poached Eggs, Muffin, Spinach
& Hollandaise Sauce **£5.95**

EGGS BENEDICT

Poached Eggs, Prosciutto Ham,
Muffin, Spinach & Hollandaise Sauce **£6.45**

EGGS ROYALE

Poached Eggs, Oak Smoked Salmon,
Spinach, Muffin & Hollandaise Sauce **£6.95**

SCRAMBLED EGGS & SMOKED SALMON

£6.95

SMASHED AVOCADO ON TOAST

With Poached Eggs and Sweet
Chilli Sauce **£6.95**

THREE EGG OMELETTE

With choice of Cheese, Ham, Spinach
& Mushrooms **£6.95**

MANWICH BUN

Bacon, Hash Brown, Fried Egg
in a Brioche Bun **£4.95**

JACKET POTATO

With Cheese, Tuna or Beans & Side
Salad Garnish **£5.95**

TOASTED PANINI with Slaw & Crisps

BLT **£6.95**

Bacon, Brie and Cranberry **£7.95**

Cheddar Cheese & Tomato

Mediterranean Vegetables & Pesto **£6.95**

TORTILLA WRAPS with Slaw & Crisps

Tuna Mayo **£5.95**

Cheese & Pickled Red Onion **£5.95**

Coronation Chicken **£6.95**

AVOCADO & CHERRY TOMATO SALAD

£7.95

SOUP OF THE DAY

with Homemade Bread **£4.95**

SMOOTHIES

Big 5 Smoothie
Blueberry Thrill Smoothie
Pash N' Shoot Smoothie
Strawberry Split Smoothie **£3.50**

Menu