



- APPETISERS -

Suitable for 2 people

ARTISAN BREADS

a selection of warm artisan bread rolls accompanied by olive oil and balsamic vinegar

OLIVES

pitted green & Kalamata olives in extra virgin olive oil with sun dried tomatoes and garlic

£4 each

- STARTERS -

CARROT & CORIANDER SOUP

with warm toasted bread & butter

£5.00

POTTED GARLIC MUSHROOMS

creamy garlic mushrooms served with warm toasted bread and pea shoots

£5.50

GOLDEN CRUMB BREADED BRIE

creamy brie coated in golden breadcrumbs served with salad garnish & cranberry sauce

£5.50

DUCK BON BONS

shredded duck in a sweet hoisin sauce coated in crispy breadcrumbs, served with a side salad and plum sauce

£5.50

PRAWN COCKTAIL

prawns in a Marie Rose sauce served on a bed of iceberg lettuce with cucumber, tomato, lemon and malted bread

£5.50

History of the Sycamore Tree Inn

The first written records of a premises with the name Sycamore Tree Inn in Colwinston comes from the 'Alehouse Recognisance' record (early public house licences) of 1827 and we have records of most of the owners and licensees from then. However the architecture of the original building (the current lounge area) suggests this part was built in the 17th century.

Due to the level of literacy in the past, pubs were usually identified by a sign of some kind. The earliest available record of a licence for an 'Alehouse' in Colwinston was granted in 1753 to Griffith Rees, however the 'sign name' is not recorded. Intriguingly though in 1759 the alehouse in Colwinston, then run by an Elizabeth Morgan, is listed 'under the sign of the 'Holy Bush'.

It is widely recognised that the sycamore tree we now know of in Europe is not the same tree as the that called the sycamore tree in the bible, the biblical tree resembled a ficus/fig based tree. However the Greek word for the tree (ficus sycomoros) led to this being translated in the English (and Welsh) bibles as the 'sycamore tree'. Was there a sycamore tree outside the current building which was linked by its name to the biblical 'fig' tree, or was the location of the pub next to the church influencing the use of the term 'holy bush'?

Colwinston village itself is also classified as a "Thankful Village" (there are only 51 of these in the country). This is where the village had 23 men involved in the First World War and all returned safely.

Unfortunately, the old records cannot tell us anymore but we believe the Sycamore Tree Inn has been part of the community since at least 1753, and our aim is to continue this tradition far into the future.

- SYCAMORE CLASSICS -

LASAGNE £10.50

homemade with Pwll-y-Wrach farm lean minced beef, served with salad & garlic bread

upgrade to cheesy garlic bread £0.25

GOLDEN BREADED SCAMPI £10.50

with chips, tartare sauce, salad garnish and garden peas

BEER BATTERED HADDOCK £13.95

freshly battered haddock with chips, tartare sauce, side salad and your choice of garden or mushy peas

LAMB & MINT PIE

locally sourced lamb with mint in a rich dark gravy

CHICKEN, BACON & LEEK PIE

chicken breast, bacon & leek in a creamy white wine sauce

VEGETABLE PIE (v)

broccoli, carrot, leek, baby potato & peas in a rich dark gravy

served with chips or mash, garden peas & gravy

£11.50

CAJUN CHICKEN SALAD £10.25

chicken breast coated in cajun spice on a bed of mixed leaf, peppers, tomatoes, onions and cucumber with a honey & mustard dressing

BEEF MADRAS

Pwll-y-Wrach beef in an intense madras sauce

CHICKEN TIKKA MASALA

chicken breast in a mildly spiced tomato curry sauce

KORMA

chicken breast in a rich creamy coconut sauce

£11.95

PUNJABI CHICKPEA CURRY (vg)

chickpeas cooked in a lightly spiced Indian curry

all served with chips, rice or half & half, naan bread, poppadom and mango chutney

£11.50

Add:

onion bhajis (4) / vegetable samosas (4)

£3.50 each

- BURGERS -

All burgers are served in a toasted bun with lettuce & tomato and a side of chips

BEEF £12.95

Pwll-y-Wrach farm beef burger served with bacon, cheese & burger sauce

MOROCCAN LAMB £12.95

lightly spiced lamb burger topped with bacon, cheese & garlic mayo

HUNTER'S CHICKEN £12.95

chicken breast topped with bacon, cheese & barbecue sauce

VEGETABLE BURGER (v) £11.25

A lightly spiced mix of broad beans, peas and spinach, coated in breadcrumbs flecked with rice flakes and parsley

make your burger vegan by swapping to vegan cheese & mayo

Add: onion rings (5) £1.50 | corn on the cob £1.35

swap your chips for sweet potato fries £1 extra

- GRILL -

<p>10oz SIRLOIN STEAK £20.95 sourced from Rosedew Farm (Llantwit Major) served with chips, grilled tomato, garlic mushrooms, onion rings & salad garnish</p>	<p>CHAR-GRILLED CHICKEN BREAST £12.95 smothered in peppercorn or garlic & cream sauce, with chips, grilled tomato, garlic mushrooms, onion rings and salad garnish</p>
<p>10oz RUMP STEAK £15.95 sourced from Rosedew Farm (Llantwit Major) served with chips, grilled tomato, garlic mushrooms, onion rings & salad garnish</p>	<p>10oz GAMMON £10.95 with chips, grilled tomato, salad garnish and your choice of fried eggs or pineapple</p>

peppercorn sauce | garlic & cream
£2.50 each

- VEGETARIAN -

some of our cooking methods could affect the status of our Vegetarian / Vegan Meals.
Please ask for more information

<p>VEGETABLE BURGER (v/vg) £11.25 a lightly spiced mix of broad beans, peas and spinach, coated in breadcrumbs flecked with rice flakes and parsley</p>	<p>VEGETABLE PIE (v/vg) £11.50 broccoli, carrot, leek, baby potato & peas in a rich dark gravy served with garden peas and chips or mash</p>
<p>VEGETABLE LASAGNE (v) £10.50 made with onion, pepper, aubergine, courgette & mushrooms, served with salad & garlic bread</p> <p><i>upgrade to cheesy garlic bread £0.25</i></p>	<p>PUNJABI CHICKPEA CURRY (vg) £11.50 chickpeas cooked in a lightly spiced Indian curry served with chips, rice or half & half, naan bread, poppadom and mango chutney</p>

Add:
vegetable samosas (4) | onion bhajis (4)
£3.50 each

(v/vg) - Available as a vegan option please ask for more details
swap your chips for sweet potato fries £1 extra

- CHILDREN'S MENU -

free scoop of ice cream with every children's meal

<p>CHICKEN GOUJONS £4.95 with chips or mash & beans or peas</p>	<p>FISH GOUJONS £4.95 with chips or mash & beans or peas</p>
<p>SAUSAGES* £4.95 with chips or mash & beans or peas</p>	<p>QUORN NUGGETS £4.95 with chips or mash & beans or peas</p>
<p>BOLOGNESE £4.95 with tagliatelle Add Garlic Bread Quarter: £0.75</p>	<p>LASAGNE* £5.95 with chips Add Garlic Bread Quarter: £0.75</p>

*Available as a Gluten Free Option

- GLUTEN FREE -

- STARTERS -

CARROT & CORIANDER
SOUP

with warm toasted bread & butter

POTTED GARLIC MUSHROOMS £5.95

creamy garlic mushrooms served with
warm toasted bread and pea shoots

£5.50

PRAWN COCKTAIL

£5.95

prawns in a Marie Rose sauce served
on a bed of iceberg lettuce with
cucumber, tomato, lemon and bread

LASAGNE

homemade with Pwll-y-Wrach lean
minced beef, served with salad & garlic
bread

upgrade to cheesy garlic bread £0.25

£11.50

10oz SIRLOIN STEAK

£20.95

sourced from Rosedew Farm
(Llantwit Major) served with chips,
grilled tomato, garlic mushrooms, onion
rings & salad garnish

BATTERED HADDOCK

freshly battered haddock with chips,
tartare sauce, side salad and your
choice of garden or mushy peas

£14.50

10oz RUMP STEAK

£15.95

sourced from Rosedew Farm
(Llantwit Major) served with chips, grilled tomato,
garlic mushrooms, onion rings & salad garnish

*peppercorn sauce | garlic & cream
£2.50 each*

BEEF MADRAS

Pwll-y-Wrach beef in an intense madras sauce

CHICKEN TIKKA MASALA

chicken breast in a mildly spiced tomato curry
sauce

KORMA

chicken breast in a rich creamy coconut sauce

£11.50

PUNJABI CHICKPEA CURRY (vg)

chickpeas cooked in a lightly spiced Indian
curry

£11.00

*All served with chips, rice or half & half, a
poppadom & mango chutney*

10oz GAMMON

£10.95

with chips, grilled tomato, salad
garnish and your choice of fried eggs
or pineapple

CHARGRILLED CHICKEN
BREAST

£12.95

smothered in peppercorn or garlic &
cream sauce, with chips, grilled
tomato, garlic mushrooms, onion
rings and salad garnish

HUNTER'S CHICKEN BURGER* £12.95

chicken breast topped with bacon,
cheese & barbecue sauce

**add onion rings to your burger for £1.75*

CAJUN CHICKEN SALAD

chicken breast coated in cajun spice on
a bed of mixed leaf, peppers, tomatoes,
onions and cucumber with a honey &
mustard dressing

£10.25

VEGETABLE BURGER (v)

£11.25

a lightly spiced mix of broad beans,
peas and spinach, coated in
breadcrumbs flecked with rice flakes
and parsley

swap your chips for sweet potato fries for £1

- SIDES -

Chips (GF)	£2.25	Side Salad (GF)	£3.50
Cheesy Chips (GF)	£2.75	Corn on the Cob (GF)	£2.75
Crusty Ciabatta & Butter*	£1.50	Vegetable Spring Rolls	£4.50
Garlic Bread*	£2.50	Mozzarella Sticks	£4.75
Cheesy Garlic Bread*	£3.00	BBQ Chicken Wings(GF)	£5.00
Onion Rings*	£3.00	Nachos(GF)	£4.50
Sweet Potato Fries (GF)	£3.00		

- DESSERTS -

<p>BRIOCHE BREAD & BUTTER PUDDING £5.50 layers of brioche bread in a creamy custard, glazed with apricot</p> <p>WARM CHOCOLATE BROWNIE (GF) £5.00 a rich chocolate fudge brownie with dark & white chocolate chips</p> <p>'PLUMBLE' £5.50 simple yet delicious sweet plums topped with a rich crumble mix</p>	<p>STICKY TOFFEE PUDDING* £5.50 a delicate toffee & date sponge served with toffee sauce</p> <p>SUMMER FRUIT PAVLOVA STACK (GF) £5.95 Italian meringue base with layers of blackcurrant, raspberry & strawberry ice cream parfaits. Topped with mixed berry sauce, decorated with meringue pieces and sprinkled with redcurrants</p>
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Served with your choice of cream, custard or ice cream

AFFOGATO*

This Italian inspired dessert consists of a large scoop of clotted cream ice cream, a hot shot of Espresso followed by a short of Disaronno Amaretto Liqueur.

£6.95

- ICE CREAM-

CLOTTED CREAM VANILLA*	WHITE CHOCOLATE CHIP*
RASPBERRY RIPPLE*	MINT CHOCOLATE CHIP*
BUENO WHITE CHOC & HAZELNUT*	DAIRY FREE VANILLA*
£3.95	

*Available as a Gluten Free Option

- HOT DRINKS -

- COFFEE -

made with Triple Certified 100% Organic Arabica coffee

AMERICANO*

a shot of espresso slowly infused
with hot water to create a long
black coffee

CAFE LATTE*

a delicious combination of
espresso and seamed milk
crowned with a smooth layer of
milk froth

HOT CHOCOLATE

a delightfully indulgent
combination of chocolate &
steamed milk topped with milk
froth

ESPRESSO*

a short invigorating shot of coffee
with intense flavour

CAPPUCCINO*

a luxurious mix of espresso
steamed milk with velvety froth

MOCHACCINO

a wonderful fusion of espresso
steamed milk & chocolate

LATTE MACCHIATO

a tall combination of hot steamed
milk stained with espresso

£2.50

- FLOATER COFFEE -

£2.95

BRANDY COFFEE (Hennessy VS)
ENGLISH COFFEE (Gordon's Gin)
ITALIAN COFFEE (Disaronno)
RUSSIAN COFFEE (Smirnoff Vodka)

CALYPSO COFFEE (Tia Maria)
IRISH COFFEE (Jameson Whisky)
JAMAICAN COFFEE (Sailor Jerry's Rum)
SEVILLE COFFEE (Cointreau)

£5.45

- TEA -

ENGLISH BREAKFAST*
EARL GREY
CHAMOMILE
RED BERRIES
PEPPERMINT
BLACKCURRANT & BLUEBERRY
CRANBERRY & RASPBERRY
GREEN

£2.50

**decaf option available*