

SHERMAN THEATRE LUNCHTIME MENU

Lunch menu is served from 12pm to 3pm

Please ask a member of our team for any allergen and dietary requirements.

Jacket Potato (*Served with salad*) **GF** £4.50

Add any of the following to your meal: £1.00
Cheese **V**, Beans **VG**, Tuna Mayo

Cheesy Beans on Toast **V** £3.50

Southern Fried Chicken, Chips and Salad £8.00

SHARING BOARDS

Sherman Sharer £10.00

Southern Fried Chicken Bites, Chips and Onion Rings with BBQ sauce

Seafood Sharer £12.00

Calamari, Breaded Prawns and Whitebait with Tartar Sauce

Antipasti Plate £12.00

(**VG** option available)

Assortment of Cured Meats, Cheddar Cheese, Sourdough Bread and Olives, Oil and Vinegar

Veggie Sharer **VG** £10.00

Olives, Hummus, Falafel and Pitta with Smoky Honey Mustard Sauce

Panini or Wrapini

(*Served with side salad and crisps*)

Ham and Cheese £6.00

Falafel and Houmous **VG** £5.00

Halloumi and Pepper **V** £7.00
with Sweet Chili Sauce

Tuna Mayo and Cheese £6.00

Fish Finger with Tartar Sauce £6.00

Southern Fried Chicken and Cheese £7.50

Substitute Chips for Crisps:

Chips **VG** £1.00

Sweet Potato Fries **VG** £1.00

Truffle Chips **VG** £1.50

Substitute Bagel for Baguette **VG** £0.50

Ask a team member about our available sauces for your meal.

Salad Bowls

(*Salad, tomato, bell pepper, cucumber, oil and vinegar*)

Breaded Cauliflower **VG GF** £6.00

Halloumi Bites **V GF** £7.00

Tuna Mayo **GF** £7.00

Fried Chicken £7.00

Falafel **VG GF** £6.00

Chef Salad **GF** £7.00

(Sliced Ham and Cheese)

KIDS' BOX LUNCHES

(*Served with Radnor Juice box and fruit pot*)

Jacket Potato with Tuna Mayo **GF** £5.00

Jacket Potato with Beans **VG GF** £5.00

Ham and Cheese Sandwich with Animal Crisps £5.00

Tuna Mayo Sandwich with Animal Crisps £5.00

Fish Fingers with Animal Crisps £5.00

Chicken Fingers with Animal Crisps £5.00

Allergen
and dietary
information



BWYDLEN GINIO THEATR Y SHERMAN

Gweinir bwydlen ginio rhwng 12pm a 3pm

Rhowch wybod i aelod o staff am unrhyw alergeddau a gofynion dietegol

Taten bob (gyda salad) **HG** £4.50

Ychwanegwch unrhyw un o'r canlynol: £1.00
Caws **LI**, Ffa pob **F**, Tiwna Mayo

Ffa pob a chaws ar dost **LI** £3.50

Cyw Iâr wedi'i ffrio, £8.00
Sglodion a Salad

PLATIAU I'W RHANNU

Rhannwr Y Sherman £10.00

Tameidiau Cyw Iâr wedi'u ffrio, Sglodion a Chylchoedd Winwns gyda Saws BBQ

Bwyd Môr i'w rannu £12.00

Calamari, Corgimychiaid mewn briwsion a Physgodyn Gwyn gyda Saws Tartar

Plat Antipasti £12.00

(dewis **F** ar gael)

Amrywiaeth o Gigoedd wedi'u halltu, Caws Cheddar, Bara Surdoes ac Olewydd, Olew a Finegr

Rhannwr Llysieuol **F** £10.00

Olewydd, Hwmws, Falafel a Pitta gyda Saws Mwstard Mêl Mwglyd

Panini neu Wrapini

(Gyda salad a chreision ar yr ochr)

Ham a Chaws £6.00

Falafel a Hwmws **F** £5.00

Halloumi a Phupur **LI** £7.00

gyda sawns tsili melys

Tiwna Mayo a Chaws £6.00

Bysedd Pysgod gyda Saws Tartar £6.00

Cyw Iau wedi'i ffrio a chaws £7.50

Dewis o Sglodion yn lle Creision:

Sglodion **F** £1.00

Sglodion tatws melys **F** £1.00

Sglodion Tryffl **F** £1.50

Dewis o Fagel yn lle Baguette **F** £0.50

Gofynnwch aelod o staff am ddewis o saws i gael gyda'ch pryd.

Powlen Salad

(Salad, tomato, pupur, ciwrcymbr, olew a finegr)

Blodfresych mewn briwsion **F HG** £6.00

Tameidiau Halloumi **LI HG** £7.00

Tiwna Mayo **HG** £7.00

Cyw Iâr wedi'i ffrio £7.00

Falafel **F HG** £6.00

Salad y Cogydd **HG** £7.00

(Ham wedi'u sleisio a Chaws)

CINIO I BLANT

(yn dod gyda sudd Radnor a phot ffrwythau)

Taten Bob gyda Tiwna Mayo **HG** £5.00

Taten Bob gyda Ffa pob **F HG** £5.00

Brechdan Gaws a Ham gyda Chreision Anifeiliaid £5.00

Brechdan Tiwna Mayo gyda Chreision Anifeiliaid £5.00

Bysedd Pysgod gyda Chreision Anifeiliaid £5.00

Bysedd Cyw Iâr gyda Chreision Anifeiliaid £5.00

Gwybodaeth
ddietegol ac
alergeddau

