

Y Dderwen Frenhinol



ROYAL OAK, NEWPORT
TEL :- (01239) 820 632

KINDLY PAY FOR YOUR FOOD AT THE BAR WHEN ORDERING, THANK YOU

We would like to bring to your attention that all our meals are home made and cooked to order, there will be delays during busy periods. Your patience is very much appreciated.

Any alterations to the meals as stated in the menu will result in delays

PLEASE ASK TO SEE OUR WINE LIST

DIOLCH, THANK YOU.

AUTHENTIC INDIAN FOODS

(All available for take away)

CURRIES (Served with Rice, Mango Chutney & Poppadum):-

”	CHICKEN TANDOORI MASALA GF <i>Served in a medium hot spiced sauce with onions, tomatoes, cream, Yoghurt, garlic & spices.</i>	£11.95
”	CHICKEN KORMA GF <i>Mild creamy sauce with coconut.</i>	£11.95
”	CHICKEN MADRAS GF <i>Tender chicken in a hot Madras sauce with coconut.</i>	£11.95
””	CHICKEN VINDALOO GF <i>Spicy chunks of chicken in a very hot Vindaloo sauce</i>	£11.95
”	CHICKEN ROGAN JOSH GF <i>Tender Chicken pieces in a rich medium sauce with onions & tomatoes</i>	£11.95
”	THAI GREEN CHICKEN CURRY GF <i>Tender pieces of chicken breast cooked with traditional Thai green spices, Coconut milk, peppers & spinach.</i>	£11.95
”	LAMB ROGAN JOSH GF <i>Lamb pieces in a rich medium sauce with onions & tomatoes</i>	£13.75
”	LAMB MADRAS GF <i>Tender Lamb in a hot spicy Madras sauce.</i>	£13.75
””	BEEF CEYLON GF <i>Tender chunks of Welsh beef marinated in an aromatic flavour of Ceylon spices, served in a hot curry sauce</i>	£13.75
”	BEEF MADRAS GF <i>Tender chunks of Welsh beef marinated in an aromatic flavour of madras spices, served in a hot curry sauce.</i>	£13.75
”	VEGETABLE TIKKA MASALA GF <i>Seasonal veg which may include Baby corn, fine beans & carrots in a mild creamy curry sauce.</i>	£11.75
”	VEGETABLE ROGAN JOSH GF <i>Local Seasonal Vegetables in a medium curry sauce.</i>	£11.75
”	SPINACH DAHL GF <i>Red lentils & spinach cooked with a medium blend of aromatic Indian spices.</i>	£11.75
”	KING PRAWN MASALA - (SUBJECT TO AVAILABILITY) GF <i>Fresh Sea prawns in a medium curry sauce.</i>	£16.95
”	PRAWN MADRAS – (SUBJECT TO AVAILABILITY) GF <i>Fresh Sea prawns in a medium hot curry sauce</i>	£16.95
”	THAI GREEN KING PRAWN – (SUBJECT TO AVAILABILITY) GF <i>Fresh Sea prawns with traditional Thai green spices, coconut milk, peppers & spinach.</i>	£16.95
”	KING PRAWN KORMA – (SUBJECT TO AVAILABILITY) GF <i>Fresh Sea prawns in a mild creamy sauce with coconut.</i>	£16.95

BALTI DISHES (Served with Nann Bread, Mango Chutney & Poppadom):-

”	LAMB BALTI GF <i>Tender Lamb in a rich medium hot sauce with peppers & onion</i>	£13.75
”	CHICKEN & MUSHROOM BALTI GF <i>Chunks of chicken in a rich medium hot sauce with mushrooms</i>	£12.50
”	CHICKEN BALTI GF <i>Chunks of chicken in a rich medium hot sauce</i>	£12.50
”	VEGETABLE BALTI GF <i>Succulent & spicy egg plant, courgettes, tomatoes & carrot in a medium hot sauce</i>	£12.50

Caution: We would like to advise that all Baltis are served in very hot cast iron dishes

TO ACCOMPANY YOUR MEAL

Naan Bread	£2.50	Extra Poppadom GF V	£0.95
Vegetable Samosa	£3.50	Lamb Samosa	£3.50
Vegetable Spring Roll	£3.50	Rice	£2.50
Yoghurt Reita GF	£1.50	½ Rice & ½ Chips	£1.00
Extra Chips	£2.95	Dahl GF	£7.50

Our Curries are made with real spices to give a real authentic taste. You may find these curries slightly hotter & spicier in taste to bring the natural flavours.

Beware if you cannot tolerate heat, spices or taste do not order curries. There will be no refund made.

GF-----Gluten Free
V_____ Vegan

STARTERS

All starters are served with salad garnish, bread roll & butter (unless otherwise stated)

Soup of the Day (<i>served with bread roll & butter</i>)	£4.95
Welsh Cawl GF (<i>served with mature cheddar cheese, bread roll & butter</i>)	£5.50
Garlic Mushrooms (<i>served with bread roll & butter</i>) GF	£5.95
Hummus , Olives salad garnish with Pita bread NO ROLL GF V	£6.95
Falafel Platter (<i>Hummus, olives, pickled peppers</i>) with Pita bread GF V	£6.95
Smoked Salmon GF	£6.95
Prawn Cocktail	£7.50
Fried Goujons of Lemon Sole with homemade tartare sauce	£6.95
Char-grilled garlic Chicken Goujons with garlic mayonnaise	£6.95
Deep-fried Crab Cakes	£6.95
Deep-fried Fish Cakes	£6.95
Deep-fried Whitebait	£6.95

MAIN MEALS

All main meals are served with chips and peas (Unless otherwise stated)

TRADITIONAL

Royal Oak Meat Lasagne	£9.95
Cottage Pie	£9.95
Shepherd's Pie	£9.95
Sausage, Mash, Peas & Gravy	£9.95
Faggots in Gravy	£9.95
Steak & Ale Pie	£13.95
6oz Beef Burger roll	£10.95
Ham Egg & Chips (No Peas) GF	£9.95
Deep Fried Breaded Chicken Escalope	£9.95

FROM THE SEA

Traditional Fried Fish & chips in a homemade light crispy batter with homemade tartare sauce (Cod / Haddock)	£11.95
Succulent Fried Scampi coated in a light & crisp breadcrumb	£10.95
Seafood Platter <i>served with Salad garnish and new Potatoes.</i> (<i>Deep-fried Whitebait, Goujons of Lemon Sole, Crab meat, Smoked Salmon and Saute'd garlic Prawns.</i>)	£22.95

VEGETERIAN (*See also the vegetarian curries*)

Vegetable fried rice (<i>served with a mild curry sauce</i>)	£9.95
Vegetable Lasagne GF	£9.95
Broccoli & Cream Cheese Bake GF	£9.95
Pasta Bake with Royal Oak Salad	£9.95

FROM THE GRILL

10-oz Rib Eye Steak served with Onion Rings, Tomato & chips. GF	£21.95
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10-oz Sirloin Steak with Onion Rings, Tomato & chips	GF	£21.95
12oz Gammon Steak with Pineapple or Egg served Onion Rings, Tomato & chips	GF	£14.95
½ Roast Chicken served with Peas & Chips	GF	£11.50
Char-Grilled Marinated Chicken fillet	GF	£11.75
<i>Served with new potatoes & seasonal vegetables</i>		
Roast Lamb Shank with Royal Oak Minted Gravy		£17.50
<i>Served with new potatoes & seasonal vegetables</i>		
4 Grilled Lamb Chops	GF	£11.95
<i>Served with Chips & Peas</i>		
Beef Stroganoff	GF	£17.95
<i>Tender strips of beef fillet sautéed' in butter Flamed in brandy with a drop of cream.</i>		

SALADS

Beef Salad	GF	£17.95
<i>Tender strips of Welsh fillet of beef sautéed' in butter</i>		
Chicken Caesar Salad		£11.25
<i>Succulent strips of chicken with Smoked bacon, croutons and grated parmesan On a bed of crisp lettuce leaves with a Caesar dressing.</i>		
Cheddar Cheese Salad	GF	£10.99
Smoked Salmon Salad	GF	£12.50
Ham Salad	GF	£10.95
Fresh Local Dressed Crab Salad	(subject to Availability)	£13.95

All the above are served with Royal Oak Salad and New potatoes.

SIDE ORDERS

	Curry Sauce	£3.50
sweet Potato Fries	£3.50	
Extra Portion Chips	£2.75	Extra gravy £2.00
Royal Oak Salad Bowl	£3.50	Pepper sauce £2.50
Seasonal vegetables (Carrot & Suede and Broccoli)		£3.50
Cauliflower cheese	GF £3.50	Dianne sauce GF £2.00
Garlic Bread	£3.50	Meat / Veg Samosa £2.50
Garlic Cheese Potatoes	GF £3.50	Onion Rings £3.50
Baked Beans	£1.75	Chips & Curry Sauce £4.50
Egg	£1.00	Pineapple £1.00

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<i>Poached Fresh Salmon served with Royal Oak Salad & New Potatoes.</i>	GF	£15.95
<i>Grilled Fresh Salmon</i>	GF	
<i>Served with Seasonal Veg & New Potatoes.</i>		£15.95
<i>Grilled Sea bass fillet with a Lemon Butter Sauce.</i>	GF	
<i>Served with New Potatoes & Seasonal Vegetables.</i>		£16.95
<i>Fresh Grilled Haddock with Lemon Butter Sauce,</i>	GF	
<i>Served with New Potatoes & Seasonal Vegetables.</i>		£14.95
<i>Fresh Breaded Plaice Fillet</i>		
<i>Served with peas, chips & Goodbye Sauce.</i>		£15.99
<i>Fresh Grilled Plaice fillet</i>	GF	
<i>Served with Seasonal Vegetables and New potatoes.</i>		£15.99
<i>Seafood Platter</i>		
<i>Small salad garnish with crab meat, sauté king prawn, whitebait, deep-fried lemon sole goujons and smoked salmon. Served with New potatoes.</i>		£22.95
<i>Baked Crab (subject to availability)</i>		
<i>Fresh Local crab sautéed in garlic butter with a touch of sherry. Topped with breadcrumbs and parmesan cheese. Served with New potatoes and Peas.</i>		£13.95

CHILDREN'S MENU

Beef burger, peas/Beans & Chips	£5.95
Fish Finger, peas/Beans & Chips	£5.95
Sausage, peas/Beans & Chips	£5.95
Chicken Nuggets, peas/Beans & Chips	£5.95
Childs chicken burger peas/Beans Chips	£5.95
Childs Chicken Korma & Rice GF Mango chutney & Popadom	£5.95
Childs Scampi, peas & Chips	£5.95
Childs Penne Pasta with tomato Sauce	£5.95



ROYAL OAK AFTER DINNER MENU

Desserts

Hot Chocolate Puddle Pudding	£5.95
A light homemade chocolate sponge with a smooth chocolate puddle centre smothered with a tantalising chocolate sauce & vanilla ice cream.	
Hot Sticky Toffee Pudding	£5.95
A delicious homemade sticky sponge drizzled with mouth-watering toffee sauce, Served with vanilla ice-cream	
Fresh Fruit Pavlova GF	£5.95
A deluxe homemade fresh fruit Pavlova garnished with fruit & cream	
Cheese Cakes Please ask for the choice	£5.95
Hot Ginger Sponge Pudding	£5.95
A delightful homemade sponge served with a ginger sauce & vanilla ice cream	
Royal Oak Apple Crumble with custard	£5.95

Ice Cream

Vanilla,	£5.50
Chocolate,	
Strawberry,	
Brandy & Ginger	
Super mix	£5.50
Chocolate chips, caramel and butterscotch contains -pecan & almond n	
Luxury Honey Pot Ice cream	£4.50
Vanilla, toffee ice cream topped with honey & pecan nuts served in an earthenware pot	
Lemon Sorbet	£4.50
Raspberry Sorbet	£4.50

Please ask for our weekly desert specials

Hot Drinks

Coffee & Cream	£2.75
Pot of Tea	£2.75
Cappuccino	£2.75
Hot Chocolate	£2.75
Gaelic Coffee	£5.75
French Coffee	£5.75
Disaronno (Amaretto) Coffee	£5.75