MARCH 2025

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.

Thank you in advance Your patience is very much appreciated.

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

TAKE AWAY MENU AVAILBLE

DIOLCH, THANK YOU.

AUTHENTIC INDIAN FOODS
(All available for take away)

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

CHICKEN KORMA GF **£16.95**
Mild creamy sauce with coconut.

CHICKEN TANDOORI MASALA GF **£16.95**
Served in a medium spiced sauce with onions, tomatoes, cream, garlic & spices

CHICKEN MADRAS GF **£16.95**
Tender chicken in an aromatic flavour of madras spices, served in a hot Madras sauce

CHICKEN VINDALOO GF **£16.95**
Spicy chunks of chicken in a in an aromatic flavour of very hot & spicy Vindaloo sauce

CHICKEN ROGAN JOSH GF **£16.95**
Tender Chicken pieces in a rich medium sauce with Kashmiri chillies & tomatoes

LAMB ROGAN JOSH GF **£18.95**
Lamb pieces in a rich medium sauce with Kashmiri chillies & tomatoes

PULLED LAMB TANDOORI MASALA GF **£18.95**
Served in a medium spiced sauce with onions, tomatoes, cream, garlic & spices

LAMB MADRAS GF **£18.95**
Tender Lamb in an aromatic flavour of madras spices, served in a hot spicy Madras sauce.

BEEF MADRAS GF **£18.95.**
Tender chunks of Welsh beef marinated in an aromatic flavour of madras spices, served in a hot curry sauce.

VEGETABLE TIKKA MASALA GF **£14.50**
Seasonal veg which may include fine beans & carrots in a mild creamy curry sauce.

VEGETABLE ROGAN JOSH GF **£14.50**
Vegetables in a medium curry sauce.

SPINACH DAHL **GF** **VGN** **£14.50**
Red lentils & spinach cooked with a medium blend of aromatic Indian spices.

MUSHROOM TANDOORI MASALA WITH POTATO & SPINACH **GF** **£15.50**
Mushroom spinach & potato cooked with a medium hot blend of aromatic Indian spices with a creamy sauce.

PALAK A CHOLE (CHICKPEA CURRY) WITH SPINACH **GF** **VGN** **£14.50**
Chickpeas &, Spinach cooked with a medium hot blend of aromatic Indian spices.

BEETROOT & CARROT MASSALA **GF** **VGN** **£14.50**
Carrots & Beetroot cooked with a mild blend of Indian spices.

KING PRAWN KORMA – (SUBJECT TO AVAILABILITY) GF £19.95
Prawns in a mild creamy sauce with coconut.

PRAWN MADRAS – (SUBJECT TO AVAILABILITY) GF £19.95
Prawns in a medium hot curry sauce

KING PRAWN MASALA - (SUBJECT TO AVAILABILITY) GF £19.95
Prawns in a medium creamy curry sauce.

BALTI DISHES

LAMB BALTI GF £18.95
Tender Lamb in a rich medium creamy sauce

CHICKEN & MUSHROOM BALTI GF £17.95
Chunks of chicken in a rich medium creamy sauce with mushrooms

CHICKEN BALTI GF £17.95
Chunks of chicken in a rich medium creamy sauce

VEGETABLE BALTI GF £14.50
Succulent & spicy egg plant, courgettes, tomatoes & carrot in a medium hot sauce

TO ACCOMPANY YOUR MEAL

Naan Bread	£2.50	**Extra Poppadom**	GF V £1.00
Vegetable Samosa	£3.50	Lamb **Samosa**	£3.50
Vegetable Spring Roll	£3.50	**Rice**	£2.50
Yoghurt Reita	GF £2.00	**½ Rice & ½ Chips**	£2.50
Extra Chips	£4.00	**Dahl**	GF £8.00

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 *(served with bread roll & butter)*		**£7.50**
Garlic Mushrooms *(served with bread roll & butter)*	GF	**£8.95**
Hummus, Olives salad garnish with Pita bread NO ROLL	V	**£7.95**
Falafel Platter *(Hummus, olives, pickled peppers)* with Pita bread	V	**£9.50**
Char-grilled garlic Chicken Goujons with garlic mayonnaise		**£7.95**
Deep-fried Whitebait		**£8.95**

MAIN MEALS

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

TRADITIONAL

Welsh Cawl (Served with Cheddar cheese, Bread Roll & Butter)		**£10.50**
Royal Oak Meat Lasagne		**£14.95**
Cottage Pie		**£13.95**
Shepherd's Pie		**£13.95**
Sausage, Mash, Peas & Gravy		**£13.95**
Faggots in Gravy		**£13.95**
6oz Beef Burger in roll		**£14.95**
Ham Egg & Chips (No Peas)	GF	**£11.95**
Deep Fried Breaded Chicken Escalope		**£11.95**

FROM THE SEA

Traditional Fried Fish & chips in a homemade light crispy batter with homemade tartare sauce (Haddock)		**£16.95**
Succulent Fried Scampi coated in a light & crisp breadcrumb		**£13.95**
Grilled Fresh Salmon Cauli Cheese/Spinach & New Potatoes.	GF	**£24.95**
Grilled Sea bass fillet with Cauli Cheese/Spinach & New Potatoes	GF	**£24.95**
Grilled Hake Cauli Cheese/Spinach & New Potatoes.	GF	**£22.95**
Grilled Plaice Cauli Cheese/Spinach & New Potatoes.	GF	**£20.95**

(All Grilled Fish served with a Lemon Butter Sauce)

Baked Crab (subject to availability) **£21.95**

Fresh Local crab sautéed in butter with red onion, Cayenne Pepper and a touch of sherry. Topped with breadcrumbs and parmesan cheese.
Served with New potatoes and Peas.

VEGETERIAN *(See also the vegetarian curries)*

Veggie Burger		**£13.95**
Vegetable Lasagne		**£12.95**
Broccoli & Cream Cheese Bake	GF	**£14.95**
Nut Roast Slice served Gravy with Seasonal Veg & New Potatoes		**£16.95**

FROM THE GRILL

10-oz Rib Eye Steak served & chips. GF **£29.95**

12oz Gammon Steak with Pineapple or Egg & chips GF **£18.95**

Grilled Marinated Chicken fillet GF **£17.95**

Served with new potatoes & cauli-cheese, broccoli, carrot & swede

Marinated Chicken Breast with Broccoli cream cheese sauce GF **£18.95**

Served with new potatoes, broccoli, carrot & swede

Beef Stroganoff served with Rice GF **£28.95**

Tender strips of Welsh beef fillet sautéed' in butter Flamed in brandy with a drop of cream.

SALADS

Cheddar Cheese Salad GF **£14.95**

Grilled Marinated Chicken Salad GF **£16.95**

Ham Salad GF **£13.95.**

Fre**sh Local Dressed Crab Salad (subject to Availability)** **£18.95**

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

SIDE ORDERS

Sweet Potato Fries	**£5.00**	**Curry Sauce**	**£5.00**
Extra Portion Chips	**£4.00**	**Extra gravy**	**£3.00**
Royal Oak Salad Bowl	**£5.00**	**Pepper sauce**	GF **£3.50**
Cauliflower cheese GF	**£6.00**	**Dianne sauce**	GF **£5.00**
Garlic Bread	**£3.50**	**Meat / Veg Samosa**	**£3.50**
Garlic Cheese Potatoes GF	**£5.00**	**Onion Rings**	**£5.00**
Baked Beans	**£2.50**	**Chips & Curry Sauce**	**£9.00**
Egg	**£2.00**	**Pineapple**	**£2.00**
Seasonal vegetables (Carrot & Suede and Broccoli)			**£5.00**
Cheesy Chips	**£7.00**		

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Your patience is very much appreciated

CHILDREN'S MENU

Beef burger, peas/beans & Chips	**£7.95**
Chicken burger, peas/beans & Chips	**£7.95**
Veg burger, peas/beans & Chips	**£7.95**
Fish Fingers, peas/beans & Chips	**£7.95**
Sausage, peas/beans & Chips	**£7.95**
Chicken Nuggets, peas/beans & Chips	**£7.95**
Childs Chicken Korma & Rice **Mango chutney & Popadom**	**GF £8.95**
Childs Scampi, peas/beans & Chips	**£7.95**
Child Ham, egg & Chips	**£8.95**

ROYAL OAK AFTER DINNER MENU

Desserts

Hot Chocolate Puddle Pudding A light chocolate sponge with chocolate sauce & vanilla ice cream.		**£6.95**
Hot Sticky Toffee Pudding A delicious sticky sponge drizzled with toffee sauce & vanilla ice-cream		**£6.95**
Fresh Fruit Pavlova A deluxe homemade fresh fruit Pavlova garnished with fruit & cream	**GF**	**£7.95**
Ginger Sponge Pudding A delightful sponge served with a ginger sauce & vanilla ice cream		**£6.95**
Lemon Sponge Pudding A moist sponge served with a lemon sauce & ice cream	**GF**	**£6.95**
Victoria Sponge with Custard		**£6.00**
Almond, Honey and Orange Cake served with vanilla ice cream	**GF**	**£6.95**
Blueberry Crumble Tulip Muffin		**£4.00**
Triple Chocolate Tulip Muffin		**£4.00**
Royal Oak Apple Crumble served with custard		**£7.95**
Chocolate Brownie with chocolate sauce & vanilla ice cream		**£6.95**
Raspberry and Almond Blondie served with vanilla ice cream		**£6.95**
Berry and Beetroot Brownie with chocolate sauce & vanilla ice cream		**£6.95**

Ice Cream

	3 scoops	2 scoops
Vanilla,	**£4.95**	**£3.30**
Chocolate,	**£4.95**	**£3.30**
Strawberry,	**£4.95**	**£3.30**
Salted Caramel	**£5.95**	**£4.00**
Mint Choc Chip	**£5.95**	**£4.00**
Super mix	**£5.95**	**£4.00**
Chocolate chips, caramel and butterscotch contains -pecan &almond nuts		
Lemon Sorbet	**£4.50**	**£3.00**
Raspberry Sorbet	**£4.50**	**£3.00**
Green Apple Sorbet	**£4.50**	**£3.00**

Hot Drinks

Coffee & Cream	**£3.50**
Pot of Tea	**£3.00**
Cappuccino	**£4.00**
Hot Chocolate	**£4.00**
Gaelic Coffee	**£6.99**
French Coffee	**£6.99**
Disaronno (Amaretto) Coffee	**£6.99**

* = Contains alcohol.

† = Contains tree nuts and/or peanuts

(V) = made with vegetarian ingredients; (ve) = made with vegan ingredients, however, some of our preparation and cooking methods could affect this.

If you require more information, please ask your server.