

From our kitchen

Nuts, olives etc

Broad Beans 3
Smoked Almonds 5
Balsamic Onions 4
Mixed Olives 7
Padron Peppers 5

Tinned Seafood from British Waters

Mount's Bay Sardines 13
Lyme Bay Mussels Escabeche 15
Lyme Bay Mackerel Escabeche 14

Glou Kitchen Classics

Croquetas de chorizo, aioli 9
Baba ganoush 7
Charred artichokes, labneh 8
Chicken liver & Barbeito Madeira pate s/w focaccia or crackers 9
All Four Classics 33

English & Welsh cheeses

One 8
Two 14
Three 20
Four 26
s/w house chutney, onions, crackers

Cured meats

One 8
Two 14
Three 20
s/w house pickles & relish

Cheese & cured meat selection

Three 20
Five 30
s/w selection of sides

Breads

Focaccia 5
House White 5
Mix 7
s/w salted butter or olive oil & balsamic

Sweet

Basque Cheesecake 7
Chocolate Pot 7

Cheeses by Appleby's, Dairy Door, Trefaldwyn, Caerfai Farm, The Blaenafon Cheddar Company, Caws Teifi. Cured meats by Shropshire Salumi. Seafood by Rockfish, Brixham Harbour. Crackers by Pimhill Farm. Breads made fresh, in-house.

We use multiple allergens in our kitchens so cannot guarantee any dish is 100% allergen free. Please make us aware of any allergies & we will endeavour to cater for your needs. February 2026

