



TR Register Shropshire Group

The March Hare Run

Sunday 25th March 2018



Now that we are getting into Spring it's time to get your TRs out again and blow off the cobwebs that will accrued since the Snowdrop Run. We will meet up with the Dorset Group for a joint non-competitive social run.

Our run will take us over the Berwyns to Bala and then on to Dolgellau and Tal-y-Llyn for lunch at the Pen-y-Bont Hotel (www.penybonthotel.co.uk). The Pen-y-Bont Hotel is picturesquely located at the top of Llyn Mwyngil with open views of Cadair Idris, literally the "Chair of Idris" - the poet's seat.

It is necessary for us to pre-order meals and you will find the menu on page 2. Some of the dishes have options - eg chips or new potatoes and side dishes are available. Please indicate what you want. **Please let Roger have your choices by Tues 20/3. Helen will also be collecting details at Club Night on Wed 14/3.**

Itinerary:

10:00	Meet at Mile End Services, Oswestry, SY11 4AJ. This is the junction of the A5 & the A483 and contains the Travelodge. Don't forget that the clocks will have changed that night!
10:15	PROMPT Start of run.
10:45	Meet up with Dorset Group in Llanfyllin Car Park (SY22 5AA - behind Spar)
11:45	Coffee Break at The Loch Café in Bala
12:30	Depart Bala
13:30	Arrive Pen-y-Bont Hotel, Tal-y-Llyn, LL36 9AJ
14:00	Lunch
15:30	Depart Pen-y-Bont Hotel
16:30	Stop in Llanfyllin
17:00	Depart Llanfyllin
17:45	Arrive at Shrewsbury By-pass Bicton Heath Junction (A458/A5)

Contacts:

Roger Critchley recritch@aol.com 01743 790253/07811 260166

Starters

<i>Caws Pobi* ~ Homemade Welsh Rarebit: Cheese, Mustard and Beer sauce on toast (V)</i>	£4.95
<i>Home Made Soup of the Day ~ served with a Roll & Butter (GF + DF + V versions available)</i>	£5.25
<i>Tempura Prawns ~ with Mayonnaise, Soy Sauce, Wasabi and a Lemon Wedge</i>	£6.25
<i>Sauté Garlic Mushrooms ~ served on a slice of Focaccia Bread with Garlic Mayonnaise (V)</i>	£5.95

8oz. Welsh Sirloin Steaks (uncooked weights)

<i>Garni ~ with Grilled Tomato, Saute Mushrooms and Onions (GF)</i>	£20.95
<i>Diane* ~ with rich Brandy, Cream, Dijon Mustard and Mushroom Sauce (GF)</i>	£21.95
<i>Red Wine ~ with a Tomato based Red Wine Sauce (GF)</i>	£19.95
<i>Garlic ~ served in Garlic Butter (GF)</i>	£18.95
<i>10oz. Horseshoe Gammon with Two Free Range Eggs (GF)</i>	£13.95

Home-made and Home-cooked Dishes

<i>Steak & Ale Pie ~ our Best Seller with Chunks of Fresh Steak</i>	£10.95
<i>Welsh Lamb Shepherd's Pie ~ with Port & Thyme, topped with Mashed Potato</i>	£11.95
<i>Quorn Shepherd's Pie ~ with Port & Thyme, topped with Mashed Potato (V)</i>	£10.95
<i>Chicken Madras ~ with Naan Bread & Lime (GF & DF version also available)</i>	£11.95
<i>Vegetable Madras ~ with Naan Bread & Lime (GF, DF & Vegan version also available)(V)</i>	£10.95
<i>Broccoli Cream Cheese Bake ~ We haven't made this one, but it is delicious! (V)</i>	£9.95
<i>Atlantic Salmon Fillet (7-8oz) ~ with a Lemon Wedge (DF & GF)</i>	£13.95
<i>Wholetail Whitby Scampi ~ with Tartare Sauce and a Wedge of Lemon</i>	£9.95
<i>Cod Goujons " with Tartare Sauce and a Lemon Wedge</i>	£10.95

Main meals are served with Garnish and Peas (not Madras). You have a choice of Home-made Chips, New Potatoes, Rice or Garlic Focaccia Bread (except the Shepherd's Pies)

Side Orders

<i>Home-made Chips (GF)</i>	£3.25	<i>Side Salad (GF)(V)</i>	£3.25
<i>Mixed Olives (GF)(V)</i>	£2.95	<i>Garlic Focaccia Bread (V)</i>	£3.25

Desserts

<i>See Desserts Menu</i>	£4.50
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ALLERGEN ADVICE

V = Vegetarian

GF = Gluten Free. Other food items contain Gluten.

DF = Dairy Free. Other food items contain dairy and/or eggs.

*** contains Mustard**

^ contains Nuts. No Other food items are made with nuts, but may contain trace amounts.

All items containing Fish are clearly labelled as doing so (Salmon, Goujons)

All items containing Seafood are clearly labelled as doing so (Seafood or Prawns)

No food items contain celery in more than trace amounts, unless Celery Soup is on the Board

Sulphites occur at low levels where alcohol is present i.e. Brandy, Port, Wine

For all other Allergen advice or special dietary requirements please speak to a member of staff:

Ring 01654 782285 or e-mail info@penybonthotel.co.uk

PROPRIETORS MR. BRIAN MATTHEWS & MISS ANGELA MOSS