


Reverend William Gilpin's 'Picturesque' Wye Tour - On a wet day in the Summer of 1770 Rev William Gilpin took a rowing boat from Ross on Wye down River to Chepstow. Along his journey he took notes and made sketches, which he later enlarged into 'Observations on the River Wye and several parts of south Wales'. This was an instant success, probably the first British guidebook published, and by 1800 on its fifth edition. *Picturesque – 'like a Picture'*.

~HOMEMADE ABBEY MILL PIES~


WYE VALLEY BEEF & BEER PIE £9.50
Tender pieces of Welsh beef cooked in a rich gravy made with local Abbey Ale from Tintern, onions & herbs with a golden pastry lid.

Tintern's 'Abbey Ale' available in Bottles for you to enjoy with your meal or to take Home.

LOCAL CIDER PRESS PIE £9.50
A delicious combination of tender local welsh pork, steeped in local cider with apples & herbs all under a golden pastry lid.

TINTERNS INFAMOUS DRAGON PIE™ £9.99
It's our secret recipe. Prime Welsh beef, red wine, chillies & many other hot things. PLEASE BE WARNED DRAGON PIE IS NOT FOR THE FAINT HEARTED
IT IS EXTREMELY HOT!!!

ABBOT'S CHICKEN & HAM PIE £9.50
Prime Chicken Breast & Herefordshire Ham together in a Creamy Sauce topped with a golden pastry lid.

OWAIN GLYN DWR'S LAMB PIE £9.99
Tender Welsh lamb, in rich gravy with a hint of mint, served with our country salad & hot baked potato & butter.

GAMEKEEPER'S RABBIT PIE£9.99
Tender pieces of Peter Rabbit slowly cooked in a rich wine gravy topped with a golden pastry lid, country salad and hot baked potato & butter
All our pies are homemade, accompanied with a crispy country salad, hot jacket potato & butter

~ HEN HOUSE ~

ROASTED HALF CHICKEN£9.50
Simple oven roasted and seasoned with herbs, our half chicken is served with a country salad and hot baked potato & butter.

HENRY VIII BARBECUE CHICKEN£9.99
'Off with Their Heads & Close a few Abbeys'
Roasted half chicken cooked in our oven & covered with our smoky barbecue sauce, with a country salad, hot baked potato & butter.

~WELSH DRAGONS FIRE~ 

LAMB CURRY or BEEF CHILLI CON CARNE.....£9.50
A Fiery Welsh Curry with tender Welsh lamb & naan bread OR a minced Welsh beef Chilli with Tortilla crisps- Served with rice & salad garnish.

~ TASTE OF OUR COUNTRYSIDE ~

LAY BROTHER'S LIVER & BACON£9.99
Served in a giant Yorkshire pudding on a bed of creamy mash potato with a selection of vegetables and a rich gravy

PASTOR'S DUO OF WELSH SAUSAGES£9.99
Pork & Leek and lamb & Mint Sausages Served in a giant Yorkshire pudding on a bed of creamy mash potato with a selection of vegetables and a rich gravy

HOMEMADE LASAGNE £8.99
We use best quality minced Welsh beef, cooked with red wine, garlic, herbs & tomatoes layered between pasta sheets, topped with a creamy cheese sauce. Baked in our oven, accompanied by garlic bread & a country salad.

GOOD FOOD


We are a quality Establishment, all our food is freshly prepared to order
Please give us a little time during busy periods

Its worth The wait!

CISTERCIANS VEGETARIAN CHOICE

CAULIFLOWER & BROCCOLI BAKE £9.50
Homemade combo of Broccoli & Cauliflower florets in a creamy cheese sauce topped with scalloped potatoes, accompanied with a country salad, cottage roll & butter

MACARONI AND LEEK BAKE £9.50
A homemade dish of Macaroni pasta in a creamy sauce with leeks served with a salad garnish & garlic bread.

BENICT'S 8 BEAN BEANY BAKE £9.50
A homemade tasty treat of 8 different beans cooked with vegetables in a tomato & basil sauce, covered with scalloped potatoes & melted cheddar cheese. Served with salad garnish & tortilla crisps

CREAMY BRIE, COURGETTE & ALMOND CRUMBLE £9.50
This is good! Slices of courgette folded into a creamy brie and almond sauce, served with a country salad, cottage roll & butter

~ LIGHT BITES ~




KING OFFA'S SOUP OF THE DAY  £5.50
After a Stroll along Offa's Dyke & Taking in the Fresh Air what Better than a Large bowl of hot home made soup topped with croutons, with a warm cottage roll & butter.

NAUGHTY MONK'S BAKED BAGUETTES
Welsh Llandyrnog Cheddar & Tomato – Welsh Llandyrnog Cheddar & Onion
Tuna & Sweetcorn mayo Ham Salad £7.25

Melted Welsh Llandyrnog Cheddar & best back Bacon
Prawns & Marie Rose Bacon, Brie & Cranberry
Black pudding & best back Bacon Pulled Pork, onions & BBQ Sauce
Turkey, Stuffing & Cranberry Sauce Minted Lamb with Redcurrant Jelly
Chicken, Bacon, Lettuce, Tomato & Garlic Mayo
Slowed Roasted Beef & fried onions with a Beetroot & Horseradish Relish.
..... £ 7.99
All baguettes served with our homemade 'slaw' & crisps.

 Welsh Flag indicates a flavour of Wales & Local produce used.
The Welsh Flag features the Red Dragon of Cadwallader, Prince of Gwynedd. The Dragon has been the symbol of Wales for over 1000 years. The white & green represents the colours of Prince Llewellyn the Great.

~ DEVIL'S PULPIT JACKETS ~

Our Local potatoes are oven baked every day. Choices of fillings are:-
WELSH LLANDYRNOG CHEDDAR  £7.99
HOMEMADE RED COLESLAW £7.99
PINK PRAWNS with lemon & Marie Rose sauce£8.99
TUNA & SWEETCORN MAYO£8.99
MELTED LLANDYRNOG Topped with **BACON**£8.99
LAMB CURRY OR CHILLI CON CARNE£9.50
All potatoes are accompanied with a large crisp country salad

~ TRADITIONAL PLATTERS ~

TURNERS CHEESE PLATTER  £9.50
An Artist's treat of Welsh Llandyrnog Cheddar & fine English Stilton with an Apple & Ale Chutney, apple, crisp country salad & cottage roll & butter.
WORDSWORTH HAM PLATTER£9.50
Home Cooked Local Gammon Ham served with an Apple & Ale Chutney, apple, our country salad & cottage roll & butter.
FISHERMANS PLATTER£9.50
Two lovely fillets of smoked peppered mackerel with a lemon wedge & horseradish sauce. Served with our country salad, cottage roll & butter.
MILLERS PRAWN PLATTER£9.99
Juicy pink prawns served on a bed of lettuce with a lemon wedge & Marie rose sauce, with our country salad, cottage roll & butter.

~ RIVER & SEA ~

POACHER'S SALMON CUTLET £10.50
Fresh cutlet of salmon poached with lemon & served with a country salad, & served with new potatoes
ST TEWDRICS FISHCAKES £9.99
We make our fish cakes from fresh salmon & pink prawns wrapped together with local potato served with a sweet chilli dip, country salad & cottage roll.

~ SUNDAY LUNCH ~

Choice of 3 Meats & a Vegetarian option, selection of vegetables plus trimmings, followed by a dessert of your choice.
For 2 Course..... £12.00 Served from 12.30pm
Children's portion... £7.99 ... Ice Cream to Follow.

- SIDE DISHES -

Local Jacket Potato.....	£2.99	Cottage Roll & Butter	£1.25
Bowl of Side Salad£3.99	Garlic Bread	£2.99
Homemade Coleslaw	... £2.85	Garlic Bread melted Cheese	£3.99
Jug of Gravy	Portion of Welsh Cheddar Cheese	£2.99

Please ask a member of staff if you have an allergy or intolerance to certain foods. We will check the ingredients of any of our dishes for you, thank you

WYE VALLEY CENTRE



AN OLD FORGE AT TINTERN, MONMOUTHSHIRE

SPARE US A THOUGHT: We would be delighted to hear from you if you have any interesting information or photographs relating to the history of Abbey Mill. Please write to Wye Valley Centre, Abbey Mill, Tintern, Mon. or ask for our card.

Visit us at www.abbeymill.com

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✓ = Vegetarian choice

children's menu available please ask

Don't forget to see our wine/ beer menu

Daily specials – please see blackboards

No G.M. ingredients

ABBEY MILL

TINTERN

Family Business est. 1932

In Tintern in the year 1568 brass was first made by alloying copper with zinc. The original mill site of Tintern Abbey founded in 1131. Abbey Mill has adapted to the needs and demands of the area over the centuries. Formerly a corn mill and later probably a woollen mill until the Abbey and monastic life was suppressed in 1536.

From 1570 mill activities turned to iron-wire works until the early 1800's. Records from 1820 probably reverts the Mill back to a corn mill and at some point changed again to a wood turnery, sawmill and builder's store until the mid 1970's.

Today Abbey Mill still stands proud for people to enjoy after surviving more than 860 years of change.

In March 2009 the Old Water Wheel was lovingly restored to its former glory with the help of 'Over Looking The Wye' and now proudly turns daily.

Did you know? ...

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THE OLD WATER WHEEL - '1927'



Photograph kindly donated by
Mr Cyril Reese, Bassaleg, Newport