

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 'Observation's 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'*.

WYE VALLEY BEEF & BEER PIE £7.99

Tender pieces of Welsh beef cooked in a rich gravy made with best 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 £7.99

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™ £8.99

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 £7.99

Prime Chicken Breast & Herefordshire Ham together in a Creamy Sauce topped with a golden pastry lid.

All our pies are homemade, served with a crispy country salad & hot jacket potato & butter

HOMEMADE LASAGNE £7.99

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, served with garlic bread & crisp country salad.

~ HEN HOUSE ~

ROASTED HALF CHICKEN£8.50

Simple oven roasted and seasoned with herbs, our half chicken is served with full country salad and hot baked potato & butter.

HENRY VIII BARBECUE CHICKEN£8.99

'Off with Their Heads & Close a few Abbeys'

Roasted half chicken cooked in our oven & covered with our smoky barbecue sauce. Served with a full country salad, hot baked potato & butter.

~ WELSH DRAGON'S FIRE ~ 

LAMB CURRY or BEEF CHILLI CON CARNE£7.99

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 COUNTRY SIDE ~

OWAIN GLYN DWR'S LAMB PIE £8.99

Tender Welsh lamb, in rich gravy with a hint of mint, served with our country salad & hot baked potato & butter.

GAMEKEEPER'S HOMEMADE RABBIT PIE£8.99

Tender pieces of peter rabbit slowly cooked in a rich wine gravy topped with a golden pastry lid, crisp country salad and hot baked potato & butter

LAY BROTHER'S LIVER & BACON£7.99

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 GLAMORGAN 

PORK SAUSAGES£7.99

Served in a giant Yorkshire pudding on a bed of creamy mash potato with a selection of vegetables and a rich gravy

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!

CISTERCIAN'S VEGETARIAN CHOICE

CREAMY BRIE, COURGETTE &

ALMOND CRUMBLE £8.99

This is good! Slices of courgette folded into as creamy sauce, topped with tasty cheddar cheese, served with crisp country salad, cottage roll & butter.

CAULIFLOWER & BROCCOLI BAKE £7.99

Beautiful combination of Broccoli & Cauliflower Florets in a creamy cheese sauce topped with scalloped potatoes, served with a country salad, cottage roll & butter

BENIDICT'S 8 BEAN BEANY BAKE £7.99

A tasty treat of 8 different beans cooked with vegetables in a tomato & basil sauce, covered with sauté potatoes & cheese sauce. Served with salad garnish & Tortilla Crisps

~ LIGHT BITES ~

KING OFFA'S SOUP OF THE DAY £4.35

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, served with a warm cottage roll & butter.

NAUGHTY MONK'S BAKED BAGUETTES

Cheese & tomato or Cheese & onion or Tuna & sweetcorn mayo or Ham salad or Melted cheese & best back bacon

..... £5.50

Prawns & Marie Rose sauce or bacon, brie & cranberry sauce or


Black pudding & best back bacon or Minute rib eye steak & fried onions

..... £ 6.25

All baguettes served with a portion of homemade coleslaw & crisps.

TAGLIATELLE CARBONARA£6.99

An individually made dish of ribbons of pasta in a creamy sauce with smoked ham & mushrooms served with a salad garnish, cottage roll & butter.

 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 Llywelyn the Great.

~ DEVIL'S PULPIT ~

Our potatoes are oven baked fresh every day. Choices of fillings are: -

WELSH CHEDDAR CHEESE  £5.99

HOMEMADE COLESLAW £5.99

PINK PRAWNS with lemon & Marie Rose sauce£6.99

TUNA & SWEETCORN MAYONNAISE£6.99

MELTED CHEDDAR Topped with BACON£6.99

All potatoes are served with a large crisp country salad

~ TRADITIONAL PLATTERS ~

TURNERS CHEESE PLATTER  £8.50

An Artist's treat of Welsh Cheddar & fine English Stilton with Original Branston pickle, apple, crisp country salad & cottage roll & butter.

WORDSWORTH HAM PLATTER£7.99

Home Cooked Local Gammon Ham served with Original Branston pickle, apple, crisp country salad & cottage roll & butter.

FISHERMANS PLATTER£7.99

Two lovely fillets of smoked peppered mackerel with a lemon wedge & horseradish sauce. Served with a crisp country salad, cottage roll & butter.

MILLERS PRAWN PLATTER£7.99

1/4lb juicy pink prawns served on a bed of lettuce with a lemon wedge & Marie rose sauce. Served with a crisp country salad, cottage roll & butter.

~ RIVER & SEA ~

POACHER'S SALMON CUTLET £8.99

Fresh cutlet of salmon poached with lemon & served with a country salad, cottage roll & butter

SMOKED HADDOCK BAKE£8.50

Perfect home made individual dish of smoked haddock, prawns & sliced mushrooms in a creamy sauce with tagliatelle pasta strips. Served with a crisp country salad, cottage roll & butter

LOCAL PAN FRIED TROUT £8.99

A plump rainbow trout pan fried until golden brown & served with a crisp country salad, cottage roll & butter.

ST TEWDRICS FISHCAKES £7.99

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 ~

Available every Sunday from 12.30. Three choices of meat,
Selection of vegetables plus trimmings & choice of sweet.

£8.99 For 2 Course

Children's portion... £6.99 ... Ice Cream to Follow

- SIDE DISHES -

Local Jacket Potato..... £2.50 Cottage Roll & Butter £1.10

Bowl of Side Salad£3.50 Garlic Bread£2.75

Homemade Coleslaw ... £2.25 Garlic Bread melted cheese£3.75

 = 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

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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ABBHEY 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? ...

In Tintern in the year 1568 brass was first made by alloying copper with zinc.

THE OLD WATER WHEEL - '1927'



Photograph kindly donated by
Mr Cyril Reese, Bassaleg, Newport