



Bwyty y Mynydd Du Black Mountain Restaurant

Sunday Lunch - From 21.09.08

Starters

Homemade soup of the day with fresh bread & butter.

Honeydew melon & autumn berry salad with fresh mint, natural yoghurt and honey.

Prawn & salmon cocktail with homemade brown bread & butter.

Chicken liver parfait with red onion jam & balsamic syrup served with warm toast.

Mains

Roast topside of Welsh black beef with Yorkshire pudding, duck fat roast potatoes,

buttered greens with pan gravy.

Roast leg of pork with sage and apple mash and apple sauce.

Fillet of salmon served with citrus beurre blanc.

Spinach mushrooms and parmesan risotto with herb oil and dressed leaves.

All served with fresh seasonal vegetables and roast potatoes.

Desserts

Chocolate and Baileys bread and butter pudding with vanilla ice cream.

Steamed treacle sponge pudding with sauce anglaise.

Selection of Welsh ice cream in a honey wafer basket with raspberry sauce.

Selection of Welsh cheese and biscuits with grapes and celery.

Adults

Under12's

2 Courses £7.95

2 Courses £3.95

3 Courses £9.95

3 Courses £5.95

To avoid disappointment book in advance 823400

Canolfan Gymunedol Brynaman Community Centre

Heol Cwmgarw / Cwmgarw Road

Brynaman SA18 1BU

www.brynaman.org.uk

01269 823400



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Canolfan y Mynydd Du The Black Mountain Centre

Canolfan Gymunedol Brynaman Community Centre

CGBCC Registered Company No. / Rhif Cwmni Cofrestredig 04157991 Registered Charity No. / Rhif Elusen Gofrestredig 1092336

Brynaman Community Centre AGM

6th October @ 7pm

Weekly Exercise Classes

TUESDAY Keep Kit 7.30-8.30pm

THURSDAY Line Dancing 11.00-12.00pm

NEW Class—Pilates

Are YOU interested in Pilates —we want to gauge interest to run a Pilates class at the Centre. To register your interest for this class or any other class email: admin@brynaman.org.uk or phone: 01269 823400.

The Black Mountain

Produce & Craft Market

- Hand Made Crafts
- Local Cheeses
- Home Made Cakes
- Hand Crafted Jewellery
- Seasonal Fruit & Veg
- Home Made Preserves

Every 2nd Saturday of the Month

10.30am-12.30pm

@ Brynaman Community Centre, Cwmgarw Rd

New stall holders welcome: contact 01269 824336 for details

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