



IRONMAN WALES SPECIALS MENU

Tomato Meatball Penne

Beef meatball & penne coated in a thick creamy tomato sauce

£20

Prawn Tagliatelle

Prawns with a good slug of white wine, cream and spinach tossed in pasta.

£18

Italian Carbonara

With crisp pancetta and black pepper

£19

Doorstop Homemade lasagne

Rich, slow-cooked beef and pork ragu, creamy béchamel sauce and fresh pasta sheets served with a side of golden, buttery garlic bread

£17.50

Mushroom Ragu V

A rich mushroom ragu, slowly cooked and folded through thick Pappardelle pasta topped with parmesan

£16

GOOD LUCK TO ALL THE ATHLETES!