
TEMPLE BAR INN

FULLY LICENCED FREE HOUSE & RESTAURANT

Tel: (01269) 844 535

www.templebarinn.co.uk

CARMEL, LLANELLI, CARMS., SA14 7UF

Chris and Sue warmly welcome you to the Temple Bar Inn and hope that you will enjoy your meal with us.

All Menus are available at advertised times – usually 6pm to 9pm.

Bookings are advisable, although not usually necessary during the week.

No GM foods are used in any of the dishes within these menus.

Most dishes are suitable for those with a nut allergy, but we advise that you check with us first if someone is known to have an allergic reaction to nuts.

Similarly, if someone has a coeliac (gluten), or other intolerant condition, then please seek our advice before ordering.

We maintain a list of allergens associated with every item in the menu, including sauces, etc.

Please also note that our food is prepared in a kitchen where food allergens are present, and deep fried items may be cooked in the same cooking oil.

ALL MEALS ARE FRESHLY PREPARED WHEN ORDERED.
PLEASE BEAR THIS IN MIND, ESPECIALLY IF WE ARE BUSY, OR IF YOU ARE IN A HURRY.

DEBIT CARD FACILITY

Personal Debit Cards are accepted, without surcharge, subject to a minimum £10.00 transaction.

Due to high Banking and Processing Charges, we are not accepting Credit Card payments, or any Business Card (Credit or Debit).

STARTERS

Soup of the Day , with hot crusty bread and butter	£ 3.95
Potato Wedges , with Sweet Chilli and BBQ dips, & salad garnish	£ 3.95
Mushrooms in a rich garlic sauce , with hot crusty bread and butter	£ 4.95
Prawn Cocktail , served with marie rose sauce, bread and butter	£ 5.25
Sharing Platter Starter (for 2 to share as a starter) <i>A smaller portion of the Combo Platter on the Bar Snacks Menu below</i>	£ 7.25



BAR SNACKS

JACKET POTATOES – with a small salad garnish	
with baked beans & cheese	£ 5.45
with tuna, sweet corn & mayo.	£ 6.25
with prawns & marie-rose sauce	£ 6.45
FILLED BAGUETTES – with a small salad garnish, and a few chips	
Cheese & onion, or tomato	£ 5.45
Tuna, sweet corn & mayo	£ 6.45
Prawns & marie-rose sauce	£ 6.75
Sirloin Steak, sweet peppers & onion	£ 7.65
All above with basket of fries,	extra £ 2.25

Sharing Platter Combo	£ 9.95
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(For 2 to share as a light meal)

Comprising:	Potato Wedges
	Chicken Goujons
	Battered Onion Rings
	Vegetable Spring Rolls
	Vegetable Samosas
	Garlic Bread (or Plain if requested)
	Sweet Chilli Dip
	Barbecue Sauce Dip



TRADITIONAL BAR MEALS

Note: Jacket potato, New potatoes, or Sauté potatoes can be served instead of Chips.

Sausage, Mash & Peas , with onion gravy	£ 7.25
Home-made Chilli con Carne , with rice, or chips (or ½:½)	£ 8.25
Lasagne Verdi , served with chips, peas & salad garnish	£ 8.25
Home-made Steak & Mushroom Pie , with chips & peas	£ 8.45
Battered Cod , with chips, peas & salad garnish	£ 8.45
Wholetail Scampi , with chips, peas & salad garnish	£ 8.65
Chicken in a BBQ sauce and melted cheese topping , served with chips, peas & salad garnish	£ 9.25



CURRY'S

Homemade Beef Madras , served with Pilau Rice, or Chips, or ½ and ½, and Chota Naan bread	£ 8.95
Homemade Chicken Korma , served with Pilau Rice, or Chips, or ½ and ½, and Chota Naan bread	£ 8.95
Chicken Tikka Massala , served with Pilau Rice, or Chips, or ½ and ½, and Chota Naan bread	£ 9.45

VEGETARIAN SELECTION

Home-made Vegetarian Quorn Chilli , with rice, or chips (or ½:½)	£ 8.25
Broccoli & Cheese Bake , served with chips, peas & salad garnish	£ 8.25
Vegetable Lasagne , served with chips, peas & salad garnish	£ 8.25

CHILDRENS MENU

Note: Quantity and prices are for larger child.
Small child portions available @ **£ 2.95**

Wholetail Scampi , with baked beans or peas, and chips	£ 4.45
Sausages , with baked beans or peas, and chips	£ 4.45
Chicken Goujons , with baked beans or peas, and chips	£ 4.45
4oz. Beef Burger* , with baked beans or peas, and chips	£ 4.45
Turkey Dinosaurs , with baked beans or peas, and chips	£ 4.45
Cod Fish Fingers , with baked beans or peas, and chips	£ 4.45

(* Small child portions not available)



FROM THE GRILL

Please note that all of our steaks are from Welsh sources, and are extra matured to ensure better quality. Weights are approx. uncooked weight. (See next page for sauces available, as required)

Note: Jacket potato, New potatoes, or Sauté potatoes can be served instead of Chips.



SIZZLERS:

Steak Sizzler (approx 6oz.), an extra matured sirloin steak served with chips, peas, onion rings and mushrooms **£ 9.95**

Gammon Sizzler (approx 8oz), served with chips, peas, onion rings and mushrooms **£ 9.25**

Chicken Sizzler (approx 8oz), served plain or with a BBQ or Sweet and Sour sauce, and chips, peas, onion rings and mushrooms **£ 9.25**

STEAKS, etc:

Sirloin Steak 8oz. **£ 13.45**

Sirloin Steak 12oz. **£ 15.45**

12oz. Gammon and Pineapple (or Egg) **£ 12.75**

All the above served with mushrooms, onion rings, peas, tomato, a salad garnish, and your choice of chips/potatoes.

MIXED GRILLS:

Standard: 6oz Sirloin Steak, 4oz Gammon, Pork Sausage, 4oz. Beefburger, Egg **£ 13.95**

Large: 6oz Sirloin Steak, 8oz Gammon, 2 Pork Sausages, 4oz. Beefburger, Egg **£ 15.45**

The above Grills served with mushrooms, onion rings, peas, tomato, a salad garnish, and your choice of chips/potatoes.

Surf & Turf: **£ 13.45**

Breaded wholetail Scampi, and a 6oz extra matured Sirloin Steak, served with mushrooms, onion rings, peas and your choice of potatoes, with a salad garnish, tartare sauce and a wedge of lemon.

Gourmet Burgers

8oz. Finest Beef Burger **£ 8.25**

Above burger served in a large bap, with lettuce, tomato, & relish, (as required), with onion rings and chips.

Extras Cheese **65p**
Bacon **95p**



ADDITIONAL MAIN COURSES

(Also see Blackboard for Specials)



Homemade Chicken in White Wine £ 10.75

*Tender pieces of diced chicken in a white wine sauce, with leeks and bacon pieces.
Served with rice or chips/potatoes, or 1/2:1/2, and peas.*

Salmon £ 12.75

*A grilled salmon fillet with a Hollandaise sauce, as required, your choice
of potatoes, peas and a salad garnish.*

SALADS

Cheese £ 7.45

Tuna, Sweet corn & Mayo. £ 7.75

Prawn & Marie Rose sauce £ 8.45

SIDE ORDERS

Garlic Bread/ with cheese £ 2.45/£2.95

Onion Rings / 1/2 portion £ 2.20/£1.10

Mushrooms £ 2.25

Basket of Chips / 1/2 portion £ 2.25/£1.25

Roll/Bread & Butter 75p

Egg or Pineapple (as extra) 75p

SAUCES

Au Poivre (Black & Green peppercorn sauce, with brandy) £ 1.95

Diane Sauce (Rich creamy sauce, with mushrooms, onions & brandy) £ 1.95

Hollandaise Sauce (white wine & butter sauce, with egg yolks & lemon) £ 1.95



DESSERTS - *Go on and indulge yourselves!*



Chocolate Hanky Panky £ 4.25

Chocolate fudge and mousse filling, on a biscuit base. Chocolate coated with shavings of white chocolate

Banoffee Cream Pie

A banana flavoured mousse, rippled with a rich chocolate fudge, nestling on a thick layer of toffee cream mousse £ 4.25

Jam sponge pudding

served with cream, ice-cream or custard £ 3.95

Chocolate sponge, with chocolate sauce

served with cream, ice-cream or custard £ 3.95

Sticky toffee pudding

served with cream, ice-cream or custard £ 3.95

Strawberries & Cream (in season) £ 3.25

Ice-Creams

Plain vanilla ice-cream / Child ice-cream

£ 3.25 / £2.45

with either chocolate, strawberry or toffee sauce and wafer

Tea, Coffee, Hot Chocolate, with a chocolate mint

£ 1.95

Speciality liqueur coffee.

£ 3.25

