

Reverend William Gilpin’s ‘Picturesque’ Wye Tour - On a wet day in the Summer of 1770 Rev William Gil pin 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’*

HOMEMADE ABBEY MILL PIES

All our pies are made with locally sourced meat & vegetables topped with a golden puff pastry lid & are accompanied with a mixed country salad & a baked potato OR seasonal vegetables & new potatoes

WYE VALLEY BEEF & BEER PIE .....£13.95

Tender pieces of Welsh beef cooked in a rich gravy made with local Abbey Ale from Tintern  
Tintern’s ‘Abbey Ale’ available in Bottles for you to enjoy with your meal or to take Home.

TINTERNS INFAMOUS DRAGON PIE™ .....£13.95

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 .....£13.95

Prime chicken breast & Herefordshire ham together in a creamy sauce

OWAIN GLYN DWR’S LAMB PIE .....£13.95

Tender Welsh lamb, in rich gravy with a hint of mint.

GAMEKEEPER’S RABBIT PIE.....£13.95

Yes real rabbit! Tender pieces of Peter Rabbit slowly cooked in a rich wine sauce

VEGAN CURRY PIE .....£13.95

A medley of roasted vegetables comes together in a mild coconut and lime curry sauce.

TASTE OF OUR COUNTRYSIDE

WELSH LAMB CAWL .....£13.50

A traditional Welsh treat- served with crusty bread, a chunk of Caerphilly cheese & a warm Welsh cake!

LAY BROTHER’S LIVER & BACON.....£13.95

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

HOMEMADE LASAGNE .....£12.95

We use best quality minced Welsh beef, cooked with red wine, garlic, herbs & tomatoes layered between pasta sheets, topped with a creamy cheese sauce. Accompanied with garlic bread & country salad.

GILPIN’S CHOWDER...£13.50

Cod, smoked haddock, salmon and prawns together in a creamy thick sauce, served with crusty bread & Welsh butter.

ST TEWDRICS FISHCAKES .....£13.50

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.

POACHED SALMON .....£13.95

Poached salmon served with a country salad & new potatoes

TRADITIONAL PLATTERS

Served with a country salad, cottage roll & Welsh butter.

TURNERS CHEESE PLATTER .....£13.50

An artist’s treat of Welsh Llandyrnog cheddar & fine English stilton served with farmhouse ale chutney

WORDSWORTH HAM PLATTER.....£13.50

Home baked local gammon ham served with farmhouse ale chutney

FISHERMANS PLATTER.....£13.50

Peppered & Smoked Mackerel fillets served with horseradish sauce

MILLERS PRAWN PLATTER .....£13.50

Juicy pink prawns served on a bed of lettuce with a lemon wedge & Marie Rose sauce

CISTERCIANS VEGETARIAN CHOICE

MACARONI CHEESE AND LEEK BAKE .....£12.95

A homemade dish of macaroni pasta in a creamy cheese sauce with leeks, served with a salad garnish & garlic bread.

BENIDICT’S 8 BEAN BEANY BAKE ..... £12.95

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

ABBNEY MILL HOMEBAKED ‘QUICHE OF THE DAY’ .....£12.95

Served with a country salad & new potatoes

LIGHT BITES

KING OFFA’S SOUP OF THE DAY .....£6.85

After a Stroll along Offa’s Dyke & taking in the fresh air what better than a large bowl of hot homemade soup  
Finished with croutons & cream and a warm cottage roll & Welsh butter.

NAUGHTY MONK’S BAKED BAGUETTES

Freshly bake baguettes served with a side of crisps and homemade ‘red slaw’

LLANDYRNOG CHEDDAR & TOMATO

LLANDYRNOG CHEDDAR & ONION

TUNA SWEETCORN MAYO,

HOME COOKED HAM SALAD

MELTED LLANDYRNOG CHEDDAR & BACON

PRAWNS with Marie Rose sauce

BACON, BRIE & CRANBERRY

MINTED LAMB & ONIONS with redcurrant jelly

BBQ PULLED PORK & ONIONS

TURKEY, STUFFING & CRANBERRY

SLOW ROASTED BEEF & ONIONS with horseradish sauce

BACON & BLACK PUDDING

CRISPY CHICKEN, BACON, LETTUCE & TOMATO with garlic mayo ALL £9.45

DEVIL’S PULPIT JACKETS

Our Local potatoes are oven baked every day. Served with a large crisp country salad.

WELSH LLANDYRNOG CHEDDAR .....£9.95

HOMEMADE RED COLESLAW .....£9.95

BAKED BEANS .....£9.95

TUNA & SWEETCORN MAYO.....£9.95

MELTED LLANDYRNOG Topped with BACON.....£9.95

PINK PRAWNS with lemon & Marie Rose sauce.....£11.50

BEEF CHILLI CON CARNE with sour cream dip..... £11.50

ADD CHEESE TO ANY JACKET .....£1.50

SIDE DISHES

Local Jacket Potato.....£4.99 Cottage Roll & Butter.....£2.99

Bowl of Side Salad .....£4.99 Garlic Bread .....£4.99

Homemade ‘Red slaw’...£3.50 Garlic Bread melted Cheese .....£5.99

Jug of Gravy ..... £2.50 Portion of Welsh Cheddar Cheese .....£3.99

Bowl of olives, olive oil and balsamic vinegar with rustic crusty bread for dipping.....£8.99

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



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.

## ABBEY MILL – SURVIVING 860 YEARS OF CHANGE OUR OLD FORGE & OLD SAW MILL, TINTERN



*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.*

**THE SAW MILL** painted by Donald H Floyd

*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.*

### OLD WATER WHEEL - '1927'

Photograph kindly donated by  
Mr Cyril Reese, Bassaleg, Newport

THE

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

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.

**'Olde Cider Press Restaurant' available for Private Dining & Family Events**



Vegetarian choices



Vegan choices



Gluten free options on request



Children's menu available please ask

Don't forget to see our

**Please enquire**

Like us on Facebook 

Visit us at [www.abbeymill.com](http://www.abbeymill.com)

Tel; 01291 689228

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*The*



# WHEEL

*Coffee & Tea Shop, Country Kitchen Eatery*

*At*

# ABBEY MILL

*Tintern*

**Family Business est.1932**

### GOOD FOOD

We are a quality Establishment, all our food  
is freshly prepared to order

Please give us