

MARCH 2011



After a long cold winter it really feels like spring is here at last and summer will be hot (we hope!) on its heels. The boats go back in the water at the end of this month and the village starts to buzz with activity.

Spring lamb of course now features on the menu. We are very pleased with our new dish of loin of lamb on the bone, shallot and thyme puree, caramelised shallots and mixed greens with haggis served with truffle and parmesan chips. Yummm!

This month we are also promoting wonderful, succulent free range pork from our award winning butcher. We can confidently say that you won't get better more flavoursome meat anywhere in the county and not forgetting that it's all ethically produced.

New at the bar and for cider lovers we now stock Dunkermans Organic Cider and Perry; real cider, real flavour.

We are excited about the season ahead and are looking

forward to seeing again those of you who hibernate away from New Quay in the winter. For all of you who have supported us out of season we thank you and look forward to seeing you all back soon, hopefully enjoying the spring sunshine on the balcony with a glass of something lovely in your hand and a plate of something delicious in front of you.

Cheers!



Room with a view



Summer is around the corner



Spring lamb is here



# What's the latest.....

## Shhhh IT'S A SECRET!

We have it on very good authority that the sausage that we created in a national competition run by Aubrey Allen, purveyors of fine meats to HRH is going to be delivered to Buckingham Palace in advance of the Royal Wedding! The Royal household could very well be breakfasting on the Traeth sausage on their big day!

## REGATTA DINNER

Many thanks to all of you who came and supported the Cardigan Bay Regatta dinner. We had a wonderful evening of great food, wine and plenty of great stories and we raised over £300 which will help to ensure this special event, now in its 135th year, continues long into the future.

## ILLY COFFEE TO TAKE AWAY

For those on the run and due to popular demand we are now serving our great coffee to take-away. Look

out for more take-away items coming this summer. Expect lovely home made sandwiches and salads, cakes and muffins, and remember too that we offer a full picnic and home catering service perfect for holidays when you want to kick back and relax without worrying about what to put on the table.

## BIRTHDAY OFFER

Don't forget to email us your birthday before the end of this month so that you can take advantage of our birthday offer. If you book a meal for at least four during your birthday week then you get your meal as a gift from us! It's our first birthday in May too and we'll probably plan something to celebrate so watch out for news.

## SUGARVINE

We are thrilled to be getting so many recommendations on dining out website guide [sugarvine.com](http://sugarvine.com) Some of them are so glowing that I

even asked Nige if he had written them himself !! We can faithfully promise however that they are totally bona fide! Check for yourselves what people have been saying about us.

## THE BEST OF.....

For the whole of February the county of Ceredigion voted for their most loved local business, through [www.thebestof.co.uk](http://www.thebestof.co.uk) and we were delighted to hear that we came first in the restaurant category (5th nationwide!) and second overall. Thanks to all of you who took the time to vote. Take a look at the website (go to the Cardigan and Tivyside area) for more details on our award and other recommended local businesses.

## KEEP UP WITH US.....

Facebook - [Traeth Bar & Grill](#)

Twitter - [follow@traethbargrill](#)

[traethnewsandviews.blospot.com](http://traethnewsandviews.blospot.com)

# Events coming up.....

## St Patrick's Day Dinner Thursday 17th March

An Irish themed menu designed to tempt. Mussels with black velvet cocktail; Irish Stew; Chocolate Guinness cake and Irish coffee. £23.50 per head. Our regular menu will also be served.

## Music Night Sunday 27th March

The now infamous Dave and Kev are back for easily the best night out of the month in New Quay. If you've been you'll know that's true and if you haven't, come and see for yourself. The next music night will be on May 8th.

## Wine tasting & food pairing Friday 1st April (6pm)

Using a selection of wines from our list our wine expert will guide you through the tasting process and how to recognise how different wines compliment different food flavours (or not!) A taster glass of six wines and food samples are included in the

price of £12 per person. For those of you who would like to stay on for dinner a menu designed to incorporate what you've just learned will be served following the tasting.

## Mother's Day Sunday 3rd April

Time to give Mum a lunchtime treat and we'll give her one too. For all pre-booked Sunday lunches of at least two courses Mum will get a complimentary glass of wine and flowers. Go on spoil her, you know she deserves it.

## Easter Egg hunt

## Sunday 24th April

Our Christmas treasure hunt went down so well with our younger customers that we are holding an Easter egg hunt at I Iam on Easter Sunday. All hunters will get a chocolate egg and if you come back for lunch with your family, have an ice cream on us.

