

## SUMMER LUNCH AT THE NORTON HOUSE HOTEL

TUESDAY 14<sup>th</sup> JULY 2026 - 1.00.pm. FOR 1.30.pm

We will once again be at our regular venue for our summer lunch. The cost to members will be **£20.00 per person**. (Single members may bring a guest at the same cost as members) Other visitors are welcome, subject to available space, at a cost of **£30 per person**.

**Please complete your booking and selection by Friday 26th of June 2026**

### STARTERS

- Soup of the day served with Crusty Bread. (VG) (GF\*)
- Thai Salmon Fishcake served with a Thai Dipping Sauce. (GF)
- Classic Prawn Cocktail with Bread and Butter. (GF\*)
- Classic Ceasar Salad. (VG\*) (GF\*)

### MAIN COURSE

- Lamb Shoulder, Mashed Potato, Seasonal Vegetables,  
Red currant and Mint Jus. (GF)
- Pan Fried Salmon, Parmentier Potatoes, Seasonal Vegetables,  
Pea and Leek Sauce (GF)
- Pan Fried Chicken Breast, Roasted New Potatoes, Seasonal Vegetables,  
Pancetta and wild Mushroom Sauce. (GF)
- Celeriac and Watercress Risotto. (V) (GF) (VG\*)

### DESSERTS

- Egg Custard Tart, Nutmeg Chantilly Cream. (V)
- Cherry and Almond Cheesecake. (V) (GF\*)
- Chocolate and Hazelnut Tart, Chocolate Ice Cream. (V)
- Trio of Sorbet. (GF) (VG)
- Selection of Welsh Cheese and Chutney. (V)
- Followed by Tea and Coffee.

(V)= Vegetarian. (VG)= Vegan. (GF)= Gluten Free.

(GF\*) = Can be adapted to be Gluten Free. (VG\*) = Can be adapted to be Vegan.  
**For any food allergies or intolerances please contact The Norton House Hotel about the ingredients in your meal that you wish to order - Tel. 01792 404891**

**Please identify each person's choice of menu and any food allergies and intolerances.**

Early confirmation of attendance would be appreciated to ensure sufficient dining space is reserved, payment can then be made at a later date.

**Please send your orders by mail, e-mail or text to; Gerry Coad.**

Home. 01792 202538 Mobile. 07974 021720 email. [gerard.coad@btinternet.com](mailto:gerard.coad@btinternet.com)

**“Gerry is usually at our monthly coffee mornings if you wish to book and pay there.”**

Cheques should be made payable to 'NARPO Swansea Branch' and sent to: -

Mr. G Coad, 214 Derwen Fawr Road, Sketty, Swansea SA2 8EA.

Online payment direct to the NARPO Swansea Branch bank account

Lloyds Bank: Sort code 30-93-53 Account no.02053168.

Please inform Gerry if you do pay by bank transfer so Gerry can cross-reference.

*The Norton House Hotel is located at Norton Rd, Mumbles, Swansea SA3 5TQ.*