



T R E F L O Y N E
M A N O R

TREFFY BITS

PIGGY BITS

Scotch egg and tomato sauce.
Honey roasted mini pork sausages with mustard dip.

FISHY BITS

Tempura cod cheeks, lemon aioli.
Local cockles, dusted with flour, deep fried with spicy shaker.

VEGGIE BITS

Homemade hummus, unfiltered olive or chilli oil and flat breads. v
Treffy breads of the day and marinated olives. v

STARTER OR BIGGER

Chicken liver pate, onion marmalade, treffy breads. 7
Chefs homemade soup of the day. v 6
Slow roasted rissoles, herbs, garlic and bramley apples - red wine jus.
Small 6. Large 12.

Classic moules and frites– delicious. Small 7. Large. 14
Halloumi courgette and carrot patti, chilli, coriander dressing. v 6
Pan seared kung pao prawns, chilli and angel noodles. Small 8. Large. 16
(Contains Peanuts)

PANS

Changing daily taster dishes served in skillets with warm house bread. 8
Please see specials board.

BIGGER

Simply the best fish pie, smoked haddock, salmon, prawns and mussels topped parmesan mash, steamed greens. 12
Grilled plaice, shellfish bisque samphire and thyme. 16
Slow braised lamb shank rioja, paprika and chorizo, champ mash. 17
Root vegetable crumble, blue cheese sauce. v 10

Chicken curry, freshly ground spices, with all the trimmings. 11
(Why not spice it up with extra chillies)
Grilled fillet of hake, lemon butter and homemade chips. 16
Pan fried pork, bubble and squeak, cider and sage. 13
House burger with smoked cheese, tomato salsa and fries. 12
Your choice – naked, half dressed or fully clothed add Smokey bacon £1.50

WELSH STEAKS

Preseli Bluestone 10oz ribeye. 20
Cooked to your liking with a Parmesan, rocket and red onion salad.
Add sauces pepper or blue cheese. 3

Pembrokeshire 8oz fillet. 24
Cooked to your liking with a Parmesan, rocket and red onion salad.

SIDES

Homemade chips. 3
Dressed leaf salad. 3
Buttered new potatoes. 3
Steamed greens. 3
Dauphinoise potatoes. 3
Creamy mash potato. 3

DESSERTS

Homemade desserts available, please ask a member of the team.

All our produce is locally sourced seasonal vegetables from our very own greenhouse or over the hedge with our friends at Ritec Valley, meat from the local butchers and fish from Tenby harbour.

Handpicked by us with love for you to enjoy!

Children's portion sizes available.

Please let a member of the team know if you have any allergies or dietary requirements and we will do our utmost to accommodate you.