



TREFLOYNE  
MANOR

**Sarnies, Toasties and Rolls**

- Home cooked welsh ham **£4.50**
- Add – cheese or local tomatoes **£5.00**
- Smoked salmon and cream cheese **£6.00**
- Tuna mayo with red onion **£6.00**
- Homemade breaded fish finger **£6.50**
- Delicious prawn mayo – “Classic” **£6.50**
- Home roasted Pembrokeshire beef with rocket and parmesan shaving **£6.50**
- Caldey island sound dressed crab (subject to availability)
- Classic Bacon **£3.50**
- Award winning local sausage **£3.50**
- Two Free range fried egg sunny side up **£3.00**
- Or mix then up £1 extra per item
- Why not add a bowl of fries – “shouldn’t really but it’s got to be done” **£2.00**

All our food is homemade and handpicked with love by us for you to **ENJOY!**

**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.**

**Light Bite Snacks**

- Smooth chicken liver, cognac and cranberry pate with homemade bread and red onion marmalade **£7**
- Vegan red pesto pate with homemade bread and red onion marmalade **£6**
- Homemade soup of the day with homemade bread **£6**
- Duck hash with free range soft egg and light mustard sauce **£7**
- Classic penclawdd mussels, steamed in white wine, cream and garlic sauce served with homemade breads (small or bigger) **£8/£16**

**Something from the sea**

- Breaded scampi, fries and side salad **£10**
- Trefloyne’ s Fish Pie – Smoked haddock, salmon, hake prawns and mussels poached in a creamy sauce topped with parmesan mash **£14**
- Fillet of fresh hake in a light crispy batter, yummy tartar sauce, chips and peas **£12**



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**Something from the field**

Trefloyne' s summer salad home cooked welsh ham or prawns with local new potatoes **£10**

Home cooked welsh Ham, two free range eggs and chips – what could be better!! **£10**

Our own house 8oz burger served naked, half naked or fully clothed, with side salad, fries and relish. **£12** Add smoked cheese, classic cheddar or bacon **£1 each**

Vegan burger, served naked, half naked or fully clothed, with side salad, fries and Smokey mushroom marmalade **£10**

**Preseli Bluestone steaks**

“The Best 10oz Rib Eye” **£21**

“The Best 8oz Fillet” **£24**

Cooked as you like it parmesan and rocket salad and homemade chips. Why not add a yummy sauce

Pepper corn **£3**

Garlic butter **£3**

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