



The Beginning

*Smooth chicken liver, cognac and cranberry pate with house bread and red onion marmalade **£7***

*Homemade soup of the day with house bread **£6***

*Breaded Duck hash with free range soft egg and light mustard sauce **£7***

*King Pao prawns served with stir fried udon noodles **£8***

*Crispy Asian vegetable salad with chilli sesame and honey dressing **£6***

*Pan Fried Cod cheeks in a lemon and chive butter with slices of crispy Parma ham **£7***

*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.



The Middle

*Pan Fried fillet Hake, served with garden peas and black pepper and rock salted sautéed potatoes **£17***

*Parmesan crusted free range chicken, creamy cauliflower mash, crispy pancetta and thyme **£16***

*Pembrokeshire Roasted Rump Lamb, olive tapenade, red pepper ragu and fondant potatoes **£19***

*“The Best 10oz Preseli Bluestone Rib Eye” Steak **£21***

*“The Best 8oz Preseli Bluestone Fillet” Steak **£24***

Cooked as you like it with a parmesan, rocket and red onion salad, homemade chips.

*Why not add one of our yummy sauces - Peppercorn or Blue Cheese **£3***

*“Moules and frites” – local Penclawdd mussels, steamed in white wine, cream and garlic and herb butter served with homemade breads and skinny fries **£16***

*Classic Fish Pie – Smoked haddock, salmon, hake prawns and mussels poached in a creamy sauce topped with parmesan mash **£14***

*Vegan Thai style coconut curry with lemon grass, ginger and sweet peppers, steamed coriander rice and crispy poppadum **£10***