TREFLOYNE
MANOR

Lunch: 12.30 – 2.30pm
Early evening: 5.30 – 7.00pm
(Separate dinner menu also served: 5.30 – 9.30pm)

Lunch and early evening menu

SMALL PLATES

as a starter or a smaller complete meal

Wild mushroom risotto
finished with strips of fillet of beef, crispy onion rings and parsnip crisp
(vegetarian and gluten free options available) **£8.00**

Local Penclawdd steamed mussels
please ask for the sauce of the day **£8.50**

Trefloyne homemade soup of the day
changes daily – served with warm crusty bread
(vegetarian, vegan and gluten free options available) **£7.25**

Slow roasted warm winter vegetable salad
heritage carrots, baby beetroot, parsnip, red onion and cous cous crisp
drizzled with mixed herb and wholegrain mustard vinaigrette **£7.50**

Thai style king prawns
coconut milk, coriander, fresh ginger and spring onion **£8.00**

Goujons of hake in panko bread crumbs
skinny fries and tartare sauce **£8.50**

BIGGER PLATES

Trefloyne classic beer battered fish
served with chips **£12.00**

Trefloyne handmade burger
in a toasted brioche bun, with vine ripened beef tomato,
baby gem lettuce and mayo **£8.00**

add to your burger: Cheddar cheese £1.50
crispy streaky bacon £1.00
chips or skinny fries £2.50
double burger (only if you are really hungry!) £1.50

Breaded scampi
chips, and tartare sauce **£10.00**

Home cooked honey glazed Pembrokeshire ham
double free range egg and fries (nothing better!) **£10.00**

Pan seared ribeye steak
cooked as you like it and served with field mushroom and chips **£20.00**

The best fillet steak
cooked as you like it and served with field mushroom and chips **£24.00**
add sauce to either steak: peppercorn, Stilton, red wine or mushroom £3.50

Pan fried fillet of fresh hake or Tenby sea bass
Mediterranean style vegetables and pommes Anna potatoes **£18.00**

Moules et frites
Local Penclawdd steamed mussels and French fries
(please ask for the sauce of the day) **£18.00**

Baked breast of chicken and smoked bacon in a creamy herb sauce
topped with leek, chive and parmesan mash, steamed seasonal vegetables **£15.00**

Bangers and mash
local ward winning sausages with creamy mash and delicious rich onion gravy **£9.00**

SIDES

Garlic bread **£3.50**
Garlic and cheese bread **£4.00**
Focaccia bread and olives **£4.50**
Portion of fries **£3.50**

NAUGHTY PLATES

'Something naughty!'
please ask one of our team for today's **'something naughty'** selection of
homemade desserts made **'with love – just for you'**

Enjoy

If you have any allergies or dietary requirements, please advise a member of our team and we will do our utmost to accommodate your needs.