



Lunch and Early Evening

Small Plates

Wild mushroom risotto finished with strips of fillet of beef, crispy onion rings and a parsnip crisp (Vegetarian and gluten free options available).	£8.00
Local Penclawdd steamed mussels cooked in our sauce of the day.	£8.50
Trefloyne homemade soup of the day with warm crusty bread. (Vegetarian, vegan and gluten free options available).	£7.25
Slow Roasted warm winter vegetable salad of heritage carrots, baby beetroot, parsnip, red onion and cous cous crisp drizzled with a mixed herb and a wholegrain mustard vinaigrette.	£7.50
Thai-style king prawns served in coconut milk, coriander, fresh ginger and spring onion.	£8.00
Hake goujons coated in panko breadcrumbs, skinny fries and tartare sauce.	£8.50



Bigger Plates

Trefloyne classic beer battered fish and chips.	£12.00
Trefloyne classic handmade beef burger served in a toasted brioche bun, vine ripened beef tomato, Baby gem lettuce, mayo.	£8.00
<u>Add:</u>	
Cheddar cheese	£1.50
Crispy streaky bacon	£1.00
Skinny fries or chunky chips.	£2.50
Double burger (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 field mushroom and chips, cooked as you like it.	£20.00
The best Fillet steak, field mushroom and chips, cooked as you like it.	£24.00
<u>Add a sauce:</u>	
Peppercorn, Stilton, Red wine and mushroom.	£3.50
Pan fried Fillet of Fresh Hake or Tenby Sea Bass served with Mediterranean-style vegetables and Pommies Anna potatoes.	£18.00
Moules and Fritts – Local Penclawdd steamed mussels in the sauce of the day and French fries.	£18.00
Baked Breast of chicken and smoked bacon in a creamy herb sauce, topped with leek, chive and parmesan mash and steamed seasonal vegetables.	£15.00
Bangers and Mash - local award-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