

Evening menu

T H E S T A R T

Pembrokeshire Atlantic Edge Native Oysters mignonette, wedge of lemon	three 11.5 six 22
Cannelloni of Braised Rabbit spring vegetables, parsnip cream	9.5
Pan seared Cod with Chorizo Crust lemon butter, avocado salsa	9.7
New season Asparagus and Ham Hock Tart curried apple chutney, poached quail egg	9.2
Pan seared Pembrokeshire Scallops mild beetroot puree, minted gremolata	11.5
Pea and Mint Risotto (V) woodland foraged wild garlic oil, parmesan crisp	8.9
Chicken Liver Parfait homemade chutney, rye bread	8.2
Local Penclawdd Steamed Mussels in a traditional marinère sauce	half kilo 8.5 full kilo 16.5

S E L E C T I O N O F H O U S E B R E A D S

Garlic Ciabatta	3.6
Garlic and Cheese Ciabatta	4.2
Rosemary and Sea Salt Focaccia and olives	4.8

T H E M I D D L E

Herb roasted Rack of Lamb pommes Anna, carrot purée, rosemary infused jus	22
Pan seared Tenby Sea Bass spring pea emulsion, crushed new potatoes, white truffle oil	22
Pan seared Duck Breast celeriac paste, fondant potato, savoy cabbage, five spice jus	24
Pork Tenderloin crispy Parma ham, creamy mash, wild mushrooms, red wine jus	23
Tofu and Spinach Arancini (V) linguine, roasted red pepper and Spanish tomato sauce	14
Beer battered Fish and Chips garden or mushy peas, tartar sauce	17
Trefloyne Classic homemade Beef Burger iceberg lettuce, tomato, cheese, fries, homemade chili jam	15.9
Plant Based Burger (V) iceberg lettuce, tomato, plant based smoked cheese, fries, homemade chilli jam	15.9
Monkfish wrapped in Parma Ham saffron and cockle cream and homemade hash	21.5
Preseli Bluestone 10oz Welsh Ribeye Steak	28
Preseli Bluestone 8oz Welsh Fillet Steak both steaks served with Portobello mushroom, roasted confit tomato and homemade chunky chips	30
add sauce to either steak: peppercorn, Stilton or béarnaise	3
“Naked Fish” The finest Fresh Fish/Shell Fish landed on the quay at Tenby, Saundersfoot, Milford and Swansea, simply pan fried, steamed or grilled and served with garden peas, roasted vine tomatoes, chunky chips or Pembrokeshire new potatoes, lemon and samphire butter on the side. Please ask for today’s selection.	

Selection of Side Dishes

Chunky chips or skinny fries	3.5
Buttered Pembrokeshire new potatoes	4
Buttered Savoy cabbage	4.5
Long stem broccoli with toasted almonds	5
Steamed carrots with parsley butter	4.5

T H E E N D

‘Something naughty!’

please ask one of our team for today’s ‘something naughty’ selection of homemade desserts made ‘with love – just for you’

Enjoy