



Nibbles

Freshly baked Garlic Ciabatta 3.8
Garlic and melted cheese Ciabatta 4.5
Trefloyne Rosemary and Sea Salt Focaccia and marinated Olives 5.5
Lightly battered Cod Goujons, tartar sauce 5.5
Homemade warm Sausage roll, Piccalilli or Tomato sauce 5.2
Portion of Fries 3.5

Smalls

Winter warmer Soup with crusty bread 7.5
Roasted Cauliflower and Spicy Bean Cassoulet, toasted sourdough bread 8.5
Chicken Liver Parfait, homemade chutney, warm brioche 8.5
Smoked Haddock leek Rarebit on sourdough toast 9
Salmon and Fennel Fishcakes, warm tartare sauce 9.5
Tandoori Chicken Bon Bon, coriander mayonnaise, natural yogurt,
mango chutney, crispy onions 9
Steamed "Penclawdd" Mussels, white wine, shallots, garlic & cream 9
Slow braised pig cheek, light garlic & chive mash, smooth carrot puree 9
Shell on King Prawns, pan fried in Garlic and Lemon butter,
Toasted Focaccia 10.5

Bigs

Homemade Classic Cheese Burger, Iceberg lettuce, vine tomatoes,
Homemade chilli Jam, Fries. (Add Bacon 1) 13.5
Beer Battered Fish and Chips, garden or mushy peas, tartare sauce 15
Steamed "Penclawdd" Mussels, white wine, shallots, garlic & cream 16.5
Honey Roasted Ham, two free range eggs, chips 13
(what could be better!!)
Plant Based Burger, iceberg lettuce, vine tomatoes, plant based Cheese
Fries and homemade chilli jam 13.5
Bangers and Mash, rich onion gravy 12
Breast of Chicken Slider, Iceberg lettuce, vine tomato, Mayo or
Homemade chilli jam, Fries 13.5
Prime Welsh Steaks :
8oz Ribeye Confit Tomato, Mushroom, Rocket & Parmesan chunky chips 28
6oz Fillet Confit Tomato, Mushroom, Rocket & Parmesan chunky chips 30



Pans & Fresh Fish

Today's delicious local fresh fish landed on Tenby, Milford Haven and Swansea quayside, simply pan fried or grilled, with lemon and samphire butter, Pembrokeshire potatoes or chips and garden peas.

Please ask a member of the team for today's selection

Sandwich, Baguette, Panini

Chargrilled lemon and garlic chicken, rocket, chilli tomato chutney 9.5
Homemade Fish Finger, Tartar Sauce 8
Honey Roast Ham and Cheese or Tomato 7.5
Our classic BLT 8.5
Tuna Mayonnaise, Red onion 7.5
Locally smoked Salmon and dill cream cheese 8.5
Simply Bacon, Sausage or Fried Egg Roll 4.9
Mix them up for £1 per additional item)
Cajun Beef Ciabatta, garlic mayo, onion rings 9.5
Bacon, Perl Wen soft cheese and Cranberry 7.9
Delicious Prawn Cocktail 7.5

Yummy Homemade Deserts

Please ask a member of the team for today's selection

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

