



Nibbles

Homemade foccacia, extra virgin olive oil, 12 year aged balsamic vinegar of Modena	4
Marinated olives	4
Homemade Cod goujons, tartar sauce	5.5
Garlic and melted cheese ciabatta	4.5
Freshly baked garlic ciabatta	3.8

Smalls

Seafood mezze, tempura battered king prawns, salt and pepper squid, aioli	9
Chicken liver parfait, pear chutney, toasted sourdough	9
Cajun rubbed beef Bon Bons, horseradish cream, red pepper ketchup	9.5
Steamed "Penclawdd" mussels, white wine, shallots, garlic & cream	9
Tomato and mozzarella, basil pesto, diced shallots	8.5

Bigs

Baked ham, 2 free range eggs, chunky chips	14.5
Lightly battered fillet of cod, garden peas, chunky chips	15.5
Trefloyne burger, juicy beef patty, topped with melted cheese, crisp lettuce, ripe tomatoes, sweet chilli Jam	14.5
Classic chicken Caesar salad, sourdough croutons	16
Trefloyne salad, spring greens, Per Las, quinoa, red onion, walnuts, wholegrain mustard dressing	14.5
Caramelized pear and goats cheese Ravioli, crushed walnuts, thyme butter, Parmesan	15
Plant based burger, iceberg lettuce, vine tomatoes, plant based cheese, fries and homemade chilli jam	13.5
<u>Prime Welsh steaks:</u>	
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 fish fresh fish landed on Tenby, Milford Haven and Swansea quayside, simply pan fried, 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,

Chargrilled lemon and garlic chicken, rocket, chilli tomato chutney	9.5
Homemade fish finger, tartar sauce	8
Honey roast ham salad	7.5
Cheese and pear chutney	7.5
Our classic BLT	8.5
Tuna mayonnaise, red onion	7.5
Locally smoked salmon and dill cream cheese	8.5
Tomato, mozzarella, basil pesto	8
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

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.