



BREAD & NIBBLES

Nocellera olives, marinated in garlic oil, guindilla chilli, rosemary & lemon, sliced artichokes (ve) (gfo) £6.00

Harissa hummus, sesame seeds, flat bread (ve) (gfo) £6.00

Sweet potato falafel bites, mixed leaf, chimichurri (ve) (gfo) £6.00

STARTERS

Soup of the day, toasted bread (veo) (gfo) £7.50

Pork belly bites, mixed leaf, plum sauce (gfo) £9.00

Grilled goats cheese, mixed leaf, orange segments, vinaigrette (v) (gf) £8.75

Tempura king prawns, mixed leaf, lime, soy sauce £9.75

Pink peppercorn & coriander squid, mixed leaf, lime, soy sauce £9.50

MAINS

Italian 'Caponata', stuffed aubergine, topped with cheddar cheese, house salad, garlic bread slices (veo) (gfo) £17.00

Traditional beef lasagne, house salad, garlic bread slices £18.00

Curry of the week, long grain rice, poppadum, mango chutney (veo) (gfo) £17.50

6oz Prime Welsh beef burger, smoked applewood cheddar, house sauce, baby gem, tomato, red onion, pickled gherkins, seeded brioche bun, chips, slaw £18.00
add bacon £1.00

Piri-piri marinated chicken breast burger, smoked applewood cheddar, piri-piri mayo, baby gem, tomato, red onion, pickled gherkins, seeded brioche bun, chips, slaw (gfo) £18.00
add bacon £1.00

Lamb kofta burger, feta cheese, tzatziki, baby gem, tomato, red onion, seeded brioche bun, chips, slaw £18.00
add bacon £1.00

Vegan oomph burger, Welsh onion marmalade, vegan cheese, baby gem, tomato, red onion, pickled gherkins, seeded brioche bun, chips, slaw (veo) £17.50

100z Welsh ribeye steak, portobello mushroom, cherry vine tomatoes, onion rings, choice of chips or midi potatoes (gfo) £32.00
why not add a sauce for £3.50

SALADS

Chicken Caesar salad, baby gem, bacon, anchovies, croutons, parmesan, Caesar dressing (gfo) £16.00

French goats cheese & fig salad, pickled apple, beetroot, walnuts, grapes, vinaigrette (v) (gf) £16.50

Burrata cheese salad, avocado, heritage tomatoes, pickled peppers, oregano, balsamic glaze (v) (gf) £16.50

SEAFOOD

Beer battered fish of the week, mushy peas, chips, lemon wedge £18.50

Fish pie, white fish, salmon, prawns, mussels in a creamy pea & dill sauce, topped with a cheesy lemon parsley mashed potato. Served with house salad, crowned with a king prawn (gf) £22.00

Morotai seafood curry, king prawns, mussels, fresh market fish, sugar snaps, rice (gfo) £24.00

King prawn & mussel linguine, white wine sauce £22.00

Oven baked Asian salmon, long grain rice, asparagus, tenderstem broccoli £21.50

OVER THE FIRE SKEWERS

Served with flat bread, salad, and a choice of 1 side & 1 sauce

Basil, lime, spinach, chilli & garlic oil marinated salmon, pepper, red onion, courgette (gfo) £22.00

Garlic, chilli, yoghurt, oregano & lime marinated chicken thighs, pepper, red onion, courgette (gfo) £22.00

Lightly battered halloumi, pepper, red onion, courgette (v) (gfo) £22.00

**Honest
Welsh fare
on the coast.
Bwyd Cymraeg
onest ar yr
arfordir.**

SIDES

Seasonal vegetables (gf) £4.50

Beer battered onion rings £4.00

Buttered potatoes (gf) £4.00

Mozzarella & garlic ciabatta £4.50

Side salad (gf) £4.00

Chips (gfo) £4.00

SAUCES

Chimichurri (ve) (gf),

Peppercorn (gf),

Tzatziki (gf),

Blue cheese (gf)

£3.50 each

KIDS

Fish bites £8.00

Chicken chunks £7.50

4oz Prime Welsh beef burger with cheese £8.50

Cheese & tomato pizza (v) £7.50

All of the above are served with chips or potatoes, and beans or peas

Tomato linguine, cheddar cheese (veo) (gfo) £7.50

DESSERTS

Cheesecake of the week, pouring cream £8.50

Sticky toffee pudding, toffee sauce, vanilla ice cream £8.50

Brownie of the week, vanilla ice cream (gf) £8.50

Crème brûlée of the week, shortbread £8.25

Ice creams (choice of Vanilla, Strawberry Ripple, Chocolate or Pembrokeshire Promise (gf) £6.00

Childs ice cream (choice of Vanilla, Strawberry Ripple, Chocolate or Pembrokeshire Promise (gf) £4.50

(gf) - Gluten free (gfo) - Gluten free option
(v) - Vegetarian (vo) - Vegetarian option available
(veo) - Vegan option available (ve) - Vegan

Please note your table number and order at the bar. Also see our specials screen for our daily specials.