



BREAD & NIBBLES

Nocellara olives, garlic oil, rosemary & lemon, toasted bread (ve) (gfo) £6.00

Roast garlic & sesame hummus, crostini (ve) (gfo) £6.00

Cockles & Laverbread, rustic bread (gfo) £7.00

STARTERS

Duck bon bons, Asian pickles, teriyaki sauce £8.50

Buffalo cauliflower bites, mixed leaf, vegan garlic mayo (v) (ve) (gf) £8.00

Panko chilli squid, mixed leaf, chilli & coriander dipping sauce £9.00

Mackerel pate, mixed leaf, crostini (gfo) £8.50

MAINS

Root vegetable gratin, vegetable bake topped with Welsh cheddar and breadcrumbs, house salad, garlic bread slices (v) £15.50

Soy marinated pork, vegetable stir-fry noodles, sesame, spring onion & chilli £18.00

Curry of the week, long grain rice, poppadum, mango chutney (veo) (gfo) £15.50

6oz Prime Welsh beef burger, cheese, house sauce, baby gem, tomato, red onion, seeded brioche bun, chips, slaw £16.00
add bacon £1.50

Crispy chicken breast burger, cheese, sriracha mayo, baby gem, tomato, red onion, seeded brioche bun, chips, slaw £16.00
add bacon £1.50

Vegan oomph burger, Welsh onion marmalade, vegan mayo, baby gem, tomato, red onion, vegan bun, chips, salad (ve) £15.50

10oz Welsh sirloin steak, seasonal greens, charred onion, choice of chips or midi potatoes (gfo) £28.00
why not add a sauce for £3.50

SALADS

Chicken Caesar salad, baby gem, bacon, anchovies, croutons, parmesan, Caesar dressing £14.50

Smoked mackerel salad, mixed leaf, beetroot & horseradish dressing £15.00

Beetroot & orange salad, roasted beetroots, toasted seeds, orange segments, orange & mustard dressing (ve) £14.00 add goats cheese £3.50

SEAFOOD

Beer battered fish of the week, mushy peas, chips, lemon wedge £16.50

Fish pie, white fish, salmon, prawns, mussels in a creamy pea & dill sauce, cheesy breadcrumb topping. Served with house salad, crowned with a king prawn £18.50

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

The Hats & Barrels seafood platter for 2, mackerel pate, whitebait, cockles & laverbread, king prawns, panko coated squid, lemon wedges, tartar sauce, marie-rose sauce, toasted bread £45.00

OVER THE FIRE SKEWERS

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

Chilli & lime marinated salmon, pepper, red onion, courgette (gfo) £20.00

Garlic, oregano & lemon marinated chicken, pepper, red onion, courgette £20.00

Halloumi, pepper, red onion, courgette (v) (gfo) £20.00

**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,

Newburg

£3.50 each

KIDS

Fish bites £7.50

Chicken goujons £7.50

4oz Prime Welsh beef burger with cheese £8.00

Cheese & tomato pizza (v) £7.00

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

Macaroni cheese (v) £7.00

Carrot sticks, cucumber sticks, hummus (ve) £5.00

DESSERTS

Raspberry & gin cheesecake, vegan ice cream (ve) (gf) £8.00

Belgian apple lattice pie, pouring cream £7.50

Brownie of the week, vanilla ice cream £8.00

Banoffee pie, pouring cream £7.50

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

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

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

(gf) - Gluten free

(gfo) - Gluten free option

(v) - Vegetarian

(vo) - Vegetarian option available

(veo) - Vegan option available

(ve) - Vegan