

BREAKFAST

AVAILABLE 6.30AM TO 10.30AM

|| Breakfast Rolls

SWEETCURED BACON ON A TOASTED SOURDOUGH BUN || £4.85 WITH SAUTÉED PEMBROKESHIRE POTATOES (G.S)

GRILLED SAUSAGE ON A TOASTED SOURDOUGH BUN || £4.85 WITH SAUTÉED PEMBROKESHIRE POTATOES (G.S)

GLAMORGAN SAUSAGE ON A TOASTED SOURDOUGH BUN || £4.85 WITH SAUTÉED PEMBROKESHIRE POTATOES (V.G.MU.D.E.S)

ADD EGG (V.E), BACON OR SAUSAGE || £1.00 EACH

|| Pastry Selection

BAKED CROISSANT || £3.50 WITH PRESERVES AND WELSH BUTTER (V.G.D.E)

DANISH PASTRY AND COFFEE || £5.50 WITH PRESERVES AND WELSH BUTTER (V.G.N.P.D.E) LIGHT BITES

AVAILABLE 12PM TO 6PM

|| Sandwiches & Salads

ROAST CHICKEN, LEMON AND TARRAGON SANDWICH **£8.50** ON BLOOMER BREAD, PEMBROKESHIRE POTATO SALAD, ROCKET (G.S.SD)

SNOWDONIA CHEDDAR CHEESE SANDWICH WITH TOMATO AND BEER CHUTNEY || £8.50 ON BLOOMER BREAD, PEMBROKESHIRE POTATO SALAD, ROCKET (V.G.D.SD.S)

ROAST HAM SANDWICH WITH PICCALILLI Mayonnaise || £8.95

ON BLOOMER BREAD, PEMBROKESHIRE POTATO SALAD, ROCKET (G.S.S.D.MU)

LEMON, CHICKPEA AND TOMATO QUINOA SALAD || £8.95 Cucumber, Parsley, Harissa Mayonnaise, Rocket (V.SD.S)

CAESAR SALAD || £10.50 CAESAR DRESSING, ANCHOVIES, CROUTONS, GRAN LEVANTE CHEESE (G.D.F.SD.MU) LIGHT BITES

AVAILABLE 12PM TO 6PM

|| Mains

SUMMER PEA HOUMOUS # £6.00 Welsh Feta, toasted seeds, corn bread (V.g.d.se)

CRISPY WHITEBAIT || £7.00 GINGER VINEGAR DIPPING SAUCE (F.G.S.SD.SE)

SMOKED HADDOCK, SWEETCORN, CHORIZO AND COCKLE CHOWDER || £9.00 CHARRED CORNBREAD, SEAWEED BUTTER (F.M.G.D.SD.C)

SMOKED PIT BEANS COOKED WITH PAPRIKA AND BBQ SAUCE || £13.50 CHARRED TORTILLA WRAPS, PICKLED RED CABBAGE, SRIRACHA MAYONNAISE (V.SD.G.MU)

PEMBROKESHIRE CHILLI FARM SPICED PULLED PLANT-BASED BURGER || £14.00 ON A SOURDOUGH BUN, BBQ SAUCE, PICKLES, CHUNKY CHIPS (V.G.S.SD)

PEMBROKESHIRE CHILLI FARM SPICED PULLED PORK BURGER || £16.00 ON A BRIOCHE BUN, BBQ SAUCE, PICKLES, CHUNKY CHIPS (G.S.D.E.SD)

DULSE DELI BOARD || £18.00 CURED MEATS, CARMARTHENSHIRE SMOKED CHICKEN, MARINATED OLIVES, WELSH GOAT'S CHEESE WITH CHILLI JAM, ARTISAN BREAD, BALSAMIC VINEGAR AND PEMBROKESHIRE RAPESEED OIL (SD.D.G) **LIGHT BITES**

AVAILABLE 12PM TO 6PM

|| Sides

CHIPS || £3.50 (V)

HOUSE FRIES # £4.00 NORI SALT AND SRIRACHA MAYONNAISE, ONION SEEDS (V.D)

PANZANELLA SALAD || £5.00 TOMATOES, CORN BREAD, SEAWEED AND BASIL DRESSING

II Cake Selection

MUFFIN OF THE DAY **£3.50** (G.D.E.S.SD.N)

CAKE OF THE DAY || £3.75 (G.D.E.S.SD.N)

BARA BRITH AND WELSH CAKES WITH CLOTTED CREAM || £6.25

(V.S.G.D)

FRUIT SCONES WITH CLOTTED CREAM AND JAM || £6.00 (V.G.S.D)

II Dulse Cream Tea

FRUIT SCONE, BARA BRITH, CHERRY & WHITE CHOCOLATE BLONDIE AND WELSH CAKES || £15.00 PER PERSON SERVED WITH CLOTTED CREAM AND STRAWBERRY JAM (V.G.S.D.E)

ACCOMPANIED BY YOUR CHOICE OF WELSH BREW TEA OR AMERICANO COFFEE

EVENING MENU

6PM - 9PM, SUNDAY TO THURSDAY

|| Mains

TENBY HARBWR BEER AND THYME BRAISED BEEF PIE || £18.00 CHUNKY CHIPS, BUTTERED CABBAGE, LEEKS, AND PEAS (G.D.E.SD.C)

PENNE PASTA WITH WILD MUSHROOM, KALE AND TARRAGON || £16.00 Stem Broccoli, Toasted Corn Bread (V.G.D.E.SD)

MARKET FISH IN TENBY HARBWR BEER BATTER # £17.00 DULSE TARTARE SAUCE, MUSHY PEAS AND LEMON, SERVED WITH CHIPS (F.G.E.SD.MU.S)

PEMBROKESHIRE CHILLI FARM SPICED BBQ PULLED PORK BURGER || £16.00 SRIRACHA MAYONNAISE, PICKLES, CHUNKY CHIPS (G.S.D.E.SD)

THAI RED PRAWN CURRY || £19.00 BASMATI RICE, BABY CORN AND PAK CHOI, COCONUT AND LIME (CR.N)

TANDOORI SPICED CHICKEN || £17.00 BASMATI RICE, CURRY SAUCE, NAAN BREAD (G,D) **EVENING MENU**

6PM - 9PM, SUNDAY TO THURSDAY

|| Desserts

STICKY TOFFEE PUDDING # £7.50 BARTI SPICED RUM TOFFEE SAUCE, SALTED CARAMEL ICE CREAM (V.G.D.S.E.SD)

PEMBROKESHIRE SEA SALT AND CARAMEL CHOCOLATE BROWNIE || £8.50 PEANUT BUTTER MOUSSE, RASPBERRY JAM ICE CREAM

(V.G.D.E.S.P)

SELECTION OF WELSH CHEESE || £10.95

PANT-YS-GAWN GOAT'S CHEESE, CAWS CRYF CHEDDAR, PERL LAS AND PERL WEN, SERVED WITH APPLE, MEAD AND HONEY CHUTNEY, GRAPES AND CELERY, CAERPHILLY CHEESE AND LEEK CRACKERS

(V.G.D.C.SD)

A discretionary 10% service charge will be added to your bill.

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.

(V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts,
(P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery,
(Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.

|| DRINKS || Menu

|| Gin (25ML)

BOMBAY SAPPHIRE 40.0% || £4.90 GORDON'S LONDON DRY 37.5% || £4.50 GORDON'S PINK GIN 37.5% || £4.60 HENDRICK'S 40.0% || £5.40 TANQUERAY 47.3% || £5.10 TANQUERAY 0 || £3.80 CHASE PINK GRAPEFRUIT AND POMELO 40.0% || £5.20 ROSEMARY & CITRUS, PEMBROKESHIRE GIN 37.5% || £5.30 WELSH CAKE GIN, PEMBROKESHIRE GIN 37.5% || £5.30

|| Mixers (200ML)

TONIC/SLIMLINE TONIC WATER || £2.40 BITTER LEMON || £2.50 GINGER ALE || £2.40 TOMATO JUICE || £2.70 LONDON ESSENCE TONIC || £2.40 LONDON ESSENCE FLAVOURED TONIC || £2.80

|| Whisky (25ML)

JAMESON (G) 40.0% || £5.00 JOHNNIE WALKER BLACK LABEL (G) 40.0% || £6.00 PENDERYN DISTILLERY, BRECON (G) 46.0% || £6.00 GLENFIDDICH, 12 YEARS (G) 40.0% || £7.00 JOHNNIE WALKER RED LABEL (G) 40.0% || £4.50 JACK DANIEL'S (G) 40.0% || £4.70 BULLEIT BOURBON (G) 40.0% || £5.30 LAPHROAIG 10YR (G) 40.0% || £6.30 WOODFORD RESERVE (G) 40.0% || £5.40 DALWHINNIE (G) 40.0% || £8.00

|| Rum (25ML)

CAPTAIN MORGAN WHITE 40.0% || £4.50 CAPTAIN MORGAN 40.0% || £4.50 CAPTAIN MORGAN SPICED 37.5% || £4.50 HAVANA CLUB ESPECIAL 40.0% || £4.60 BARTI 37.5% || £4.70

|| Vodka (25ML)

BRECON VODKA 40.0% || £4.80 SMIRNOFF RED 40.0% || £4.50 SMIRNOFF VANILLA 40.0% || £4.50 GREY GOOSE 40.0% || £6.00 KETTLE ONE 40.0% || £4.60 KETTLE ONE CITRON 40.0% || £4.60 CIROC 40.0% || £5.40

|| Vermouth (50ML)

CINZANO BIANCO 14.7% || £4.10 MARTINI EXTRA DRY 15.0% || £4.10 MARTINI ROSSO (SWEET) 15.0% || £4.10

|| Port (50ML)

GRAHAM'S LBV 2015 20.0% || £5.80 GRAHAM'S SIX GRAPES RUBY 20.0% || £5.00

|| Cognac (25ML)

REMY MARTIN XO 40.0% || £18.00 COURVOISIER 40.0% || £5.50

|| Liqueurs (25ML)

DISARONNO AMARETTO 28.0% || £4.80 ARCHER'S PEACH SCHNAPPS 23.0% || £4.50 BAILEY'S (D) (50ML) 17.0% || £7.70 COINTREAU 40.0% || £4.80 CHAMBORD 16.5% || £4.80 DRAMBUIE 40.0% || £4.80 MALIBU (D) 21.0% || £4.60 KAHLUA (D) 26.5% || £4.60 SAMBUCA 38.0% || £4.50 TIA MARIA 26.5% || £4.60 MERLYN CREAM LIQUEUR 17.0% || £7.50 GRAND MARNIER 40.0% || £4.60 SOUTHERN COMFORT 35.0% || £4.50 LIMONCELLO 35.0% || £4.70

|| Aperitif (50ML)

PIMM'S & LEMONADE 14.8% || £5.00 APEROL SPRITZ 21.0% || £11.50

|| Sherry (50ML)

HARVEY'S BRISTOL CREAM 17.5% || £4.60

|| Draught Beer and Cider

	1/2 PINT	PINT
FELINFOEL ESB (G) 4.6%	£2.60	£5.00
GUINNESS DRAUGHT (G) 4.1%	£3.05	£5.90
MALTSMITH'S IPA (G) 4.6%	£2.75	£5.30
BIRRA MORETTI (G) 4.6%	£3.05	£5.90
HEINEKEN KEG (G) 5.0%	£2.80	£5.40
AMSTEL KEG (G) 4.1%	£2.70	£5.20
INCHS KEG 4.5%	£2.80	£5.40

|| Bottled Beer and Cider

BUDWEISER (G) (330ML) 4.5% || £4.40 CORONA (G) (330ML) 4.5% || £4.60 HEINEKEN ZERO ALCOHOL (G) 0.0% (330ML) || £3.90 PERONI NASTRO GLUTEN FREE (330ML) 5.1% || £4.70 BULMERS ORIGINAL (500ML) 4.5% || £5.70 BULMERS RED BERRY (500ML) 4.0% || £5.90 GLAMORGAN BREWING CO CIDERS 4.0% || £5.80

|| Soft Drinks

COCA-COLA (330ML) || BOTTLE 3.50 DIET COKE (330ML) || BOTTLE £3.40 J20 (275ML) || BOTTLE £3.60

	GLASS	PINI
GLASS OF FRUIT JUICE	£1.60	£3.20
CORDIAL AND WATER	£0.80	£1.60
PEPSI	£1.85	£3.70
PEPSI MAX	£1.70	£3.70
LEMONADE	£1.85	£3.70
DASH	£0.80	
CORDIAL AND SODA	£1.50	£2.50

330ML

750ML

|| Mineral Water

STILL	£2.80	£5.00
SPARKLING	£2.80	£5.00

|| Wine

CHAMPAGNE AND SPARKLING (SD)PROSECCO SPUMANTE DOC BORGO, ITALY£33.00HEIDSIECK, MONOPOLE SILVER LABEL N.V.£55.00HEIDSIECK, MONOPOLE BRUT ROSE£60.00POMMERY BRUT£65.00LAURENT-PERRIER, BRUT ROSÉ N.V.£110.00

WHITE (SD)

CHARDONNAY RESERVA, PICO ALTO, VALLE CENTRAL CHILE	£23.00
SAUVIGNON BLANC, PICO ALTO, VALLE CENTRAL, CHILE	£23.00
PINOT GRIGIO IGT, VILLA ALBINI, TERRE SICILIANE, VENETO, ITALY	£28.00
PICPOUL DE PINET DOMAINE DEL SOL, FRANCE	£32.00
CARALLAN ALBARINO, SPAIN	£37.00
SAUVIGNON BLANC, SCOTT BASE TERRA NOVA, NEW ZEALAND	£39.00
CHABLIS DOMAINE DE LA PAULIERE, JEAN DURUP	£45.00

|| Wine

RED (SD)

CABERNET SAUVIGNON, PICO ALTO, VALLE CENTRAL, CHILE	£23.00
MERLOT, PICO ALTO, VALLE CENTRAL, CHILE	£23.00
MALBEC, PRIVADA BODEGA, ARGENTINA	£28.00
SHIRAZ, MILTON PARK, AUSTRALIA	£33.00
CRIANZA, EXCELLENS CUVEE ESPECIAL, SPAIN	£36.00
LUNAKA RESERVA PINOT NOIR , CHILE	£31.00
AUFRANC, FLEURIE PHILIPPE, FRANCE	£45.00

ROSÉ (SD)

PICO ALTO ROSE RESERVA, VALLE CENTRAL, CHILE	£23.00
PARADISE POINT ZINFANDEL ROSE 2019, USA	£28.00
CHEMIN DE PROVENCE ROSE, COTEAUX D'AIX, FRANCE	£33.00

|| Wine by the Glass

SPARKLING (SD)	125ML		
PROSECCO SPUMANTE DOC BORGO, ITALY	£7.50		
WHITE (SD)	125ML	175ML	250ML
CHARDONNAY RESERVA, PICO ALTO, VALLE CENTRAL, CHILE	£6.00	£7.00	£9.00
SAUVIGNON BLANC, PICO ALTO, VALLE CENTRAL, CHILE	£6.00	£7.00	£9.00
PINOT GRIGIO IGT, VILLA ALBINI, TERRE SICILIANE, ITALY	£6.00	£8.00	£10.00
ROSÉ (SD)	125ML	175ML	250ML
PICO ALTO, ROSE RESERVA, VALLEY CENTRAL, CHILE	£6.00	£7.00	£9.00
PARADISE POINT ZINFANDEL ROSÉ	£7.00	£8.00	£11.00
RED (SD)	125ML	175ML	250ML
CABERNET SAUVIGNON, PICO ALTO, VALLE CENTRAL, CHILE	£6.00	£7.00	£9.00
MERLOT, PICO ALTO, VALLE CENTRAL, CHILE	£6.00	£7.00	£9.00
MALBEC, PRIVADA BODEGA, ARGENTINA	£7.00	£9.00	£11.00

|| Spntzer

	175ML
PICO ALTO CHARDONNAY RESERVA, VALLE CENTRAL, CHILE	£7.50
PICO ALTO ROSE RESERVA, VALLE CENTRAL, CHILE	£7.50
PICO ALTO SAUVIGNON BLANC, VALLE CENTRAL, CHILE	£7.50

|| Hot Beverages

CAPPUCCINO || £3.80 FLAT WHITE || £3.80 LATTE || £3.80 MOCHA || £4.00 MACCHIATO || £3.40 SINGLE ESPRESSO || £3.00 DOUBLE ESPRESSO || £3.40 AMERICANO || £3.80 TEA || £3.40 HOT CHOCOLATE || £3.90 SYRUP || £0.90

|| Liqueur Coffees

CALYPSO TIA MARIA || £8.00 CELTIC MERLYN WELSH CREAM LIQUEUR || £8.00 FRENCH COURVOISIER VS || £8.00 GAELIC DRAMBUIE || £8.00 IRISH JAMESON WHISKY || £8.00 ITALIAN AMARETTO || £8.00 WELSH PENDERYN WELSH WHISKY || £8.00

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