



## Daytime Menu

Available Monday–Saturday 12pm–6pm

Sunday 4pm–6pm

## Starters

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<b>(V) Soup of the Day</b>	<b>£5.95</b>
Homemade Soup served with a Bread Roll (g) Please ask for Today's Special and applicable allergens	
<b>Smoked Mackerel and Horseradish Tian</b> (f,m,g,su,so,gm,mu)	<b>£6.95</b>
Served with Salad Garnish	
<b>(Vg) Warm Three Bean Salad</b> (n)	<b>£4.95</b>
Green Beans, Borlotti Beans & Butter Beans, Mushrooms and Red Peppers in a Sundried Tomato, Basil & Chestnut Pesto	
<b>Tempura King Prawns</b> (g,cr,so,gm,mu,su)	<b>£9.50</b>
Served with Sweet Chilli & Apple Jam and Dressed Salad	
<b>Welsh Rarebit</b> (mo,g,mu,m,cr,su)	<b>£7.95</b>
Served with a Cockle, Bacon and Laverbread Sauce	
<b>Duck &amp; Orange Pate</b> (g,c,e,mu,n,so,lu,m)	<b>£6.75</b>
Served with tomato chutney and crostini	
<b>(V) Bread and Olives</b> (g,lu,su,m)	
Selection of Breads, Mixed Olives, Lemon & Thyme Hummus, Pickled Vegetables and Dipping Oil	
<b>For One</b>	<b>£5.95</b>
<b>For Two</b>	<b>£9.95</b>

**Allergy key:** (v) Vegetarian; (vg) Vegan; (c) Celery; (cr) Crustacean; (e) Egg; (f) Fish; (g) Gluten; (gm) Genetically Modified; (l) Lupin; (m) Milk; (mo) Mollusc; (mu) Mustard; (n) Nut; (pn) Peanut; (s) Sesame; (so) Soya; (su) Sulphur.

Although every effort is made to correctly identify all allergens contained in our dishes, please note that such products are stocked and used in our kitchens.

Please advise us of any dietary requirements or concerns you may have.

Should customers wish to leave a gratuity for the service provided, please note that it is our policy to share gratuities between all staff members.

## Main Course

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<b>8oz Chargrilled Sirloin Steak</b> (so,g,gm,m,su)	<b>£24.95</b>
Served with a grilled Beef Tomato, Braised Field Mushroom and Homemade Chips	
<b>Add your choice of sauce</b>	<b>£3.00</b>
Green Peppercorn, Blue Cheese, Garlic Butter, Smoky Bourbon Ketchup (m,su)	
<b>Carreg Potted Homemade Pie</b> (c,g,e,gm,m,so,su,mu)	<b>£14.50</b>
Served with Homemade Chips and your choice of Salad or Vegetables. Please ask for Today's Special	
<b>Carreg Burger</b> (m,e,g,gm,mu,su,so)	<b>£14.75</b>
Homemade 8oz Beef Burger, Smoked Streaky Bacon, Smoky Tomato Relish and Mature Welsh Cheddar, all in a Pretzel Bun with Fresh Tomato, Lettuce and Cherkin. Served with French Fries	
<b>Ham, Egg &amp; Chips</b> (e,gm,mu,so,su)	<b>£10.50</b>
Honey Glazed Ham, Free Range Fried Eggs and Homemade Chips	
<b>Classic Fish &amp; Chips</b> (f,g,gm,m,su,so)	<b>£13.95</b>
Beer Battered Catch of the Day, Crushed Minted Peas, Homemade Chips, Tartar Sauce and Lemon	
<b>Seafood Tagliatelle</b> (g,e,cr,mo,su,m)	<b>£16.95</b>
King Prawns, Mussels, Squid, Courgette and Roasted Cherry Tomato in a Prawn Bisque Sauce	
<b>(Vg) Roasted Vegetable &amp; Butterbean Cassoulet</b> (so,gm)	<b>£10.95</b>
Served with Crispy Polenta	
<b>(Vg) Superfood Salad</b> (n,m,mu,su)	<b>£13.95</b>
Baby Gem, Spinach, Red Cabbage, Purple Sprouting Broccoli, Olives, Walnuts, Avocado, Butternut Squash and Basil Pesto	
<b>Chicken Caesar Salad</b> (m,e,f,g,gm,mu,su,so)	<b>£10.95</b>
Baby Gem, Caesar Dressing, Anchovies, Croutons, Parmesan, Chicken and Crispy Pancetta	
<b>(V) Wild Mushroom &amp; Chestnut</b> (g,e,m,su,gm,n)	<b>£11.95</b>
Available as Risotto or Tagliatelle	

## Sandwiches & Baguettes

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*Your choice of Fresh Malted Grain or White Bloomer Bread, Wholemeal or White Barra Gallega Baguette; served with Coleslaw, Crisps and a Salad Garnish unless otherwise stated*

<b>Steak Baguette with Caramelised Onion</b> (g,gm,m,su,so,mu,e) Served with French Fries, Coleslaw and a Salad Garnish	<b>£10.95</b>
(V) <b>Mediterranean Baguette</b> (g,gm,m,so,su,mu,e) Roasted Mediterranean Vegetables with Grilled Halloumi and Pesto Served with French Fries, Coleslaw and a Salad Garnish	<b>£7.75</b>
<b>Smoked Salmon, Chive and Crème Fraiche</b> (mu,g,f,m,su,e)	<b>£7.75</b>
<b>Chargrilled Chicken &amp; Mayonnaise</b> (g,m,su,e,mu)	<b>£6.95</b>
<b>Honey Glazed Ham &amp; Mustard Mayonnaise</b> (g,m,mu,su,e)	<b>£5.95</b>
<b>Tuna Mayonnaise &amp; Cucumber</b> (f,g,m,su,e,mu)	<b>£5.50</b>
(V) <b>Welsh Cheddar &amp; Tomato Chutney</b> (g,m,su,mu,e)	<b>£4.95</b>
<b>Prawn &amp; Marie Rose Sauce</b> (m,g,e,su,cr,mu)	<b>£6.25</b>
<b>Classic BLT</b> (g,m,e,su,mu) Traditional Bacon, Lettuce and Tomato Sandwich with Mayonnaise	<b>£6.25</b>

## For the Little Ones

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**Sausage & Mash** (g,m,su)

With Gravy and Vegetables

**Chicken Goujons & Chips** (g,gm,m,su,so)

With Peas

**Mini Fish & Chips** (f,g,gm,m,su,so)

With Peas

**(v) Penne Pasta** (g,m,su)

With a Tomato Sauce & Grated Cheese

**Chicken Breast** (m,su)

With Mashed Potato, Vegetables and Gravy

£7.50 Each

## Side Dishes

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**Garlic and Herb Bread** (m,g)

**Beer Battered Onion Rings** (g,su,so,gm)

**Tomato, Red Onion and Basil Pesto Salad**

**Seasonal Vegetables**

**Mixed Garden Salad** (su)

**Buttered New Potatoes** (m)

**Homemade Chips** (so,gm)

**French Fries** (so,gm)

**Sweet Potato Fries** (so,gm)

£3.00 Each

## Desserts

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<b>Lemon &amp; Lime Cheesecake</b> (g,m) Served with Raspberry Sorbet	£6.95
<b>Chocolate &amp; Raspberry Crème Brulee</b> (m,e,g) Served with Raspberry Shortbread	£6.95
<b>Spiced Plum &amp; Apple Crumble</b> (g,m,e) Served with Vanilla Ice Cream	£6.95
<b>Assiette of Dessert</b> (g,m,e) A Tasting Platter of our above Desserts	£11.95
<b>Assiette of Sorbet</b> (e,m,g) Trio of sorbet, fresh berries, fruit coulis and homemade tuile	£6.95
<b>Welsh Cheese and Port</b> (m,g,su) A selection of Welsh Cheeses, Crackers, Quince Jelly	£8.95

## Hot Drinks

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<b>Americano</b>	£2.35
<b>Cappuccino</b>	£2.60
<b>Latte</b>	£2.60
<b>Espresso</b>	£2.35
<b>Babyccino</b> Frothy Milk with Chocolate Dust and Marshmallows	£2.00
<b>Mochaccino</b>	£2.85
<b>Hot Chocolate</b>	£2.60
<b>The Cliff Special Hot Chocolate</b> With Whipped Cream & Marshmallows	£3.60
<b>Pot of Tea</b>	£2.35 pp
<b>Herbal or Fruit Tea</b>	£2.60
<b>Coffee Floater</b>	£2.85
<b>Coffee Liqueur</b> Add Your Choice of Liqueur	£5.35

## Afternoon Tea

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Available Monday–Saturday 3pm–5pm

Sunday 4pm–5pm

### **Cream Tea**

**£5.95**

Traditional Scone with Jam & Cream (*g,m*), served with Freshly Brewed Tea or Coffee

### **Welsh Tea**

**£7.95**

Traditional Scone with Jam & Cream (*g,m*) Bara Brith and Welshcake (*g,m,n,e*) served with served with Freshly Brewed Tea or Coffee

### **Full Traditional Afternoon Tea (24hr pre-booking essential)**

**£16.95**

A Selection of Finger Sandwiches (*g,f,mu,m*) (Smoked Salmon & Cucumber, Ham & Mustard Mayo, Cheese & Tomato Chutney), Traditional Scone with Jam & Clotted Cream (*g,m*), Raspberry Posset (*m*), Macaron (*nu,e*), Chocolate Éclair (*m,e,g*), Cheese & Leek Tart (*g,m,e*), Red Velvet Cake (*m,e,g*) served with Freshly Brewed Tea or Coffee

### **Savoury Afternoon Tea (24hr pre-booking essential)**

**£16.95**

Focaccia Club Sandwich (*g,m*), Homemade Sausage Roll (*g,e,m*), Black Pudding Scotch Egg (*g,e,m*), Duck & Orange Pate with Crostini (*g*), Mini Slider Cheese Burger (*g,e,m,mu*), Carrot Cake (*g,m,e*), Chocolate Mousse (*m*) served with Freshly Brewed Tea or Coffee

## Afternoon Tea Drinks

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Available to all guests enjoying Afternoon Tea at Carreg at The Cliff

### Tea

Murrough's Paned Cymraeg Welsh Brew Tea

Murrough's Paned Cymraeg Welsh Brew Tea - Decaffeinated

*A smooth tasting blend of traditional Kenyan and Assam Teas*

### Coffee

Allaway's Beach Break Blend Coffee

*One of the original roasts to come from the Allaway's team in Ceredigion.*

*Beach Break is a carefully balanced blend of Honduran and Peruvian beans to create a medium arabica coffee.*

Murrough's Paned Cymraeg Welsh Brew Tea - Decaffeinated

### Twinnings Herbal Tea Selection

Blackcurrant & Blueberry ▪ Pure Peppermint ▪ Lemon & Ginger

Pure Green Tea ▪ Strawberry & Raspberry ▪ Pure Chamomile

Cranberry & Raspberry ▪ Jasmine Green Tea ▪ Earl Grey

### Or, why not upgrade your hot drink to Prosecco?

Available for £3.00 per person

If you would like a cold soft drink as an alternative we have a range of fruit juices available.

Please check with your server for further details.