



Daytime Menu

Available Monday–Saturday 12pm–6pm

Sunday 4pm–6pm

Starters

(V) Soup of the Day	£5.95
Homemade Soup served with a Bread Roll (g,m) Please ask for Today's Special and applicable allergens	
Char-grilled Mackerel (f,su)	£6.95
Served with Lemon Apple, Red Radish, Pickled Beetroot, Watercress	
Three Way Beetroot (m,su,so,gm)	£6.50
Served With Garlic and Goat's Cheese Mousse	
Crab, Avocado, Cucumber Tian (cr,e,su,g,mu)	£8.75
Served With Lemon infused Crostini	
Celebration of Bacon (m,g,su,e,so,gm)	£6.95
Bacon Bon Bon, Bacon Ketchup, Bacon Crumb, Confit Mushroom	
Chicken Terrine (su,g,so,gm)	£6.95
Served with Redcurrant Reduction and Crostini	
(V) Bread and Olives (g,lu,su,m)	
Selection of Breads, Mixed Olives, Lemon & Thyme Hummus, Pickled Vegetables and Dipping Oil	
For One	£5.95
For Two	£9.95

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

Chargrilled 8oz Sirloin Steak (so,g,gm,m,su)	£24.95
Served with a grilled Beef Tomato, Braised Field Mushroom and Homemade Chips	
Add a Sauce of your Choice	£3.00
Green Peppercorn, Blue Cheese, Garlic Butter, Smoky Bourbon Ketchup (m,su)	
Carreg Potted Homemade Pie (c,g,e,gm,m,so,su,mu)	£14.50
Served with Homemade Chips and your choice of Salad or Vegetables. Please ask for Today's Special	
Carreg Burger (m,e,g,gm,mu,su,so)	£14.75
Homemade 8oz Beef Burger, Smoked Streaky Bacon, Smoky Tomato Relish and Mature Welsh Cheddar, all in a Pretzel Bun with Fresh Tomato, Lettuce and Gherkin. Served with French Fries	
Ham, Egg & Chips (e,gm,mu,so,su)	£10.50
Honey Glazed Ham, Free Range Fried Eggs and Homemade Chips	
Classic Fish & Chips (f,g,gm,m,su,so)	£13.95
Beer Battered Catch of the Day, Crushed Minted Peas, Homemade Chips, Tartar Sauce and Lemon	
Cockles Tagliatelle (cr,m,g,su)	£16.95
Pembrokeshire Cockles, Kelp, Samphire and a Zesty White Wine Sauce finished with Bacon Crumb	
(Vg) Warm Falafel Salad (su,g,c,su)	£12.95
Served with Cauliflower, Celery, Grapes and Wild Mushroom Puree	
(Vg) Superfood Salad (n,m,mu,su)	£13.95
Baby Gem, Spinach, Red Cabbage, Purple Sprouting Broccoli, Olives, Walnuts, Avocado, Butternut Squash and Basil Pesto	
Chicken Caesar Salad (m,e,f,g,gm,mu,su,so)	£10.95
Baby Gem, Caesar Dressing, Anchovies, Croutons, Parmesan, Chicken and Crispy Pancetta	
Asparagus Tagliatelle (g,su,m,e)	£11.95
Served in a Jerusalem Artichoke, Mint and White Wine Sauce	

Sandwiches & Baguettes

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

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

For the Little Ones

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

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

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

(Vg) **Tomato, Red Onion and Basil Pesto Salad**

(V) **Seasonal Vegetables**

(Vg) **Mixed Garden Salad** (su)

(V) **Buttered New Potatoes** (m)

(Vg) **Homemade Chips** (so,gm)

(Vg) **French Fries** (so,gm)

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

£3.00 Each

Desserts

White Chocolate & Rosemary Deconstructed Cheesecake (g,m)	£6.95
Served with Blood Orange Puree	
Blueberry Panna Cota (m,e)	£6.95
Served with Blueberry Puree and Crushed Meringue	
Chocolate & Strawberry Bon Bon (g,m,e)	£7.25
Chocolate Parfait, Chocolate Brownie Sphere	
Rhubarb and Raspberry Crumble (g,m)	£6.95
Served with Clotted Cream	
Assiette of Sorbet (e,m,g)	£6.95
Trio of Sorbet, Fresh Berries, Fruit Coulis and Homemade Tuile	
Welsh Cheese and Port (m,g,su)	£8.95
A selection of Welsh Cheeses, Crackers, Quince Jelly	
Please note our cheese selection includes spicy Red Devil, which is infused with chilli. If you would prefer for this not to be included, please inform your server.	

Hot Drinks

Americano	£2.35
Cappuccino	£2.60
Latte	£2.60
Espresso	£2.35
Babyccino	£2.00
Frothy Milk with Chocolate Dust and Marshmallows	
Mochaccino	£2.85
Hot Chocolate	£2.60
The Cliff Special Hot Chocolate	£3.60
With Whipped Cream & Marshmallows	
Pot of Tea	£2.35 pp
Herbal or Fruit Tea	£2.60
Coffee Floater	£2.85
Coffee Liqueur	£6.95
Add Your Choice of Liqueur	

Afternoon Tea

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

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

Twinings 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.