



Daytime Menu

Available Monday—Saturday 12pm—6pm

Sunday 4pm—6pm

Starters

(Vg) Soup of the Day	£5.95
Homemade Soup served with a Bread Roll (g,m) Please ask for Today's Special and applicable allergens	
Smoked Salmon Tartar (su,f)	£7.25
Served with Pickled Cucumber and Black Caviar	
Thai Fish Bon Bon (m,f,g,e,su,gm)	£6.50
Served with House Chilli Dressing and Watercress	
Celebration of Bacon (m,g,su,e,so,gm)	£6.95
Bacon Bon Bon, Bacon Ketchup, Bacon Crumb, Confit Mushroom	
Smoked Duck Salad	£6.25
Served with Pomegranate Dressing and Salad Garnish	
(Vg) Pico de Gallo Bruschetta (g,su)	£5.95
Tomato & Coriander Salsa served on a bed of Toasted Sourdough	
(V) Meze Platter (g,lu,su,m,s,n)	
Olives, Feta Cheese, Artichokes, Dolmades, Falafel, Tzatziki, Red Pepper Hummus and Pitta Bread. Vegan option is also available, please ask your Server	
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)	£23.95
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)	
Beef Fillet Strips (m,mu,gm,su)	£16.95
Served with Peppercorn Sauce, Side Salad and French Fries	
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 Brioche Bun with Fresh Tomato, Lettuce and Gherkin. Served with French Fries	
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	
Cajun Marinated Chicken Fillet Burger (m,e,g,gm,su)	£13.95
Served with a Brioche Bun, Baby Gem, Beef Tomato, Smoky Ranch Dressing and French Fries	
Crab Tagliatelle (g,cr,f,su)	£17.25
Crab, Chorizo and a hint of Red Chilli in a Rich Tomato Sauce	
(V) Spinach & Ricotta Tortellini (g,m,su)	£12.95
Served with a Rich Tomato Sauce and Rocket	
(Vg) Cauliflower Salad (n,su)	£11.95
Roasted Cauliflower, Coriander Leaves, Green Chilli, Pomegranate, Walnuts, Red Pepper, Sumac, Cumin and Lemon Juice	
Chicken Caesar Salad (m,e,f,g,gm,mu,su,so)	£10.95
Baby Gem, Caesar Dressing, Anchovies, Croutons, Parmesan, Chicken and Crispy Pancetta	
(Vg) Spring Risotto (su,c)	£10.95
Pea, Asparagus & Mint	

Sandwiches & Baguettes

Unless otherwise stated, your choice of Sourdough Bread or Wholemeal White Barra Gallega Baguette; served with Crisps and a Salad Garnish. or

Steak Pappercorn Mayo and Rocket (g,e,su,mu) Pan-fried Fillet Strips topped with Peppercorn Mayonnaise	£8.95
(V) Mediterranean Vegetables, Hummus and Feta Cheese (g,m,mu) Open Sandwich on Lightly Toasted Sourdough	£6.95
Fish Goujons and Tartar Sauce (f,g,gm,e,su,mu) Breaded Plaice Goujons served with Tartar Sauce on the side	£5.95
Chicken Salad with Smoky Ranch Dressing (g,e,mu,su) Char-grilled Chicken Breast on a Bed of Lettuce and House Ranch Dressing	£5.95
Sliced Beef, Gherkin and Smoked Cheese (g,su,m,mu) Roasted Topside of Beef with Melted Smoked Cheddar	£6.50
(V) Welsh Cheddar, Rocket, Basil Pesto and Tomato (g,m,mu)	£5.25
BLT (e,g,su,mu) Smoked Streaky Bacon, Beef Tomato and Baby Gem served with Avocado Mayonnaise	£6.95

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) **Tagliatelle** (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

Baked Lemon Meringue Cheesecake (m,g,su,e) Served with Raspberry Compote	£6.50
Chocolate & Orange Panna Cotta (m,g) Served with Chocolate Soil and Candied Orange	£5.95
Hazelnut Mocha (n,m,e) Coffee Custard with Chocolate Ganache and Hazelnut Praline	£6.25
Pistachio & Strawberry Mousse Cake (g,n,e,m) Served with Pistachio Praline	£6.95
(Vg) Rich Chocolate Iced Parfait Served with Fresh Berries	£5.95
Assiette of Sorbet (e,m,g) Trio of Sorbet, Fresh Berries, Fruit Coulis and Homemade Tuile	£6.95
Welsh Cheese and Port (m,g,su) A selection of Welsh Cheeses, Crackers, Quince Jelly	£8.95

Hot Drinks

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

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.