

Sandwiches & Baguettes (available Monday - Saturday 12 - 5pm only)

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

Ham & Mustard Mayonnaise (mu,m,g,su,e,gm,so)	£6.95
Honey Roasted Ham with Homemade Mustard Mayo	
(V) Welsh Cheddar & Tomato Chutney (g,m,su,so,mu,e)	£5.95
Tuna Mayonnaise & Cucumber (f,g,m,su,e,mu,so)	£6.50
(Vg) Sweet Potato Falafel Wrap (g,m,so,gm)	£9.50
Sweet Potato Falafel wrapped with House Salad and (Vg) Mint Yoghurt served with Skinny Fries	

12" Pizzas (available Monday - Saturday 12 - 9pm, Sunday 4 - 9pm)

(V) Margherita (g,m)	£8.95
Rich Tomato Sauce topped with Grated Mozzarella	
(V) Vegetable (g,m)	£9.95
Rich Tomato Sauce, Peppers, Onions, Artichokes, Basil Pesto, Grated Mozzarella	
Pepperoni (g,m)	£9.50
Rich Tomato Sauce, Onions, Pepperoni, Grated Mozzarella	
BBQ Chicken (g,m,su)	£11.25
Rich Tomato Sauce, BBQ Chicken, Peppers, Onions, Grated Mozzarella	
Hawaiian (g,m)	£10.00
Rich Tomato Sauce, Ham, Pineapple, Grated Mozzarella	
Make Your Own Pizza (g,m)	£11.95
Choose any 3 toppings from Pepperoni, BBQ Chicken, Ham, Onions, Peppers, Artichokes, Pineapple, Extra Mozzarella, Mushrooms, Rocket, Red Chillies, Cheddar, Goats Cheese	
Add additional toppings for £1.50 each	

Light Snacks & Starters (available Monday - Saturday 12 - 2:30pm & 5 - 9pm, Sunday 4 - 9pm)

(Vg) Soup of the Day	£5.95
Served with a Bread Roll (g, m)	
(V) Beetroot & Goats Cheese Arancini (m,g,mu,e,su,nu,so)	£6.25
Served with Apple, Walnut and Rocket Salad	
Spicy Crab Cake (cr,e,g,mu,su,c,gm,m,so)	£7.50
White and Brown Crab Meat mixed with Red Chillies, Celery and Coriander, coated in Golden Breadcrumbs, served with Salad Garnish and Lime Mayo	
Smoked Duck Salad (gm,su,so)	£6.95
Served with Pomegranate Dressing and Salad Garnish	
Mackerel Pate (f,m,g,su,mu,e,so)	£6.50
With Crème Cheese, Lime and Cracked Black Pepper served with Crostini	

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.

Please note that guests staying on a Dinner, Bed & Breakfast Package receive a £25 per person food allowance towards this menu. Beverages are not included within this allowance.

A separate Sunday Lunch Menu is available from 12 - 2:30pm every Sunday

Main Course (available Monday - Saturday 12 - 2:30pm & 5 - 9pm, Sunday 4 - 9pm)

Carreg Beef Burger (g,e,su,mu,m,gm,so)	£14.95
7oz Lean Welsh Mince, Baby Gem Lettuce, Beef Tomato, Pickled Gherkin and Melted Cheddar in a Toasted Brioche Bun served with Salad Garnish and Fries	
Cajun Chicken Fillet Burger (g,e,su,m,mu,gm,so)	£14.95
Cajun spiced Chicken Fillet, Baby Gem Lettuce, Beef Tomato in a Toasted Brioche Bun served with Salad Garnish and Sweet Potato Fries	
Chargrilled 8oz Sirloin Steak (m,gm,so)	£24.95
Served with Roasted Beef Tomato, Portabella Mushroom and Homemade Chips	
Lobster & Samphire Tagliatelle (cr,su,g,e,f,m)	£17.50
Tagliatelle, Samphire and Lobster coated in a Rich Bisque (<i>availability dependent on weather</i>)	
Fish and Chips (f,g,gm,so)	£12.95
Fish of the Day coated in a Beer Batter served with Homemade Chips and Garden Peas	
Beef Fillet Strips (m,mu,gm,su,so)	£16.95
Served with Peppercorn Sauce, House Salad and French Fries	
Pan Roasted Chicken Breast (su,c,so)	£15.95
Served with Pea, Asparagus & Mint Risotto and Affilla Dressing	
Pan Roasted Stone Seabass (f,cr,m,su,gm,so)	£18.95
Served with Cockle & Pembrokeshire Kelp Sauce, Charged Baby Gem and Sautéed New Potatoes	
(Vg) Summer Risotto (so)	£10.50
Pea, Asparagus & Mint	
(Vg) Sweet Potato Falafel Salad (mu,su,gm,so)	£14.95
With Beetroot, Butternut Squash, Bell Peppers, Spinach and Pine Nuts dressed in Lemon Oil	
Chicken Caesar Salad (g,m,su,gm,f,e,so)	£11.95
Baby Gem Lettuce, Grilled Chicken Breast, Bacon Crumb, Anchovies, coated in a House Caesar Dressing and topped with Parmesan and Garlic Croutons	

Sides

Homemade Chips (gm,so)	£3.00	Garlic Flatbread (g,m)	£3.50	House Salad (su,so,mu)	£3.00
Skinny Fries (gm,so)	£3.00	Garlic Flatbread with Cheese (g,m)	£4.25	Peppercorn Sauce (m,su,so)	£3.00
Sweet Potato Fries (gm,g,so)	£3.50	Seasonal Vegetables (m)	£3.00	Garlic Sauce (m,su,so)	£3.00
New Potatoes (m)	£3.00			Bourbon Sauce (mu,m,gm,so)	£3.25

For the Little Ones

Chicken Goujons and Chips (g,gm,m,su,so)	£6.95	Sausage & Chips (g,gm,so)	£6.95
With Peas or Beans		With Gravy and Vegetables	
Mini Fish and Chips (f,g,gm,m,su,so)	£6.95	(V) Tagliatelle (g,m,su)	£6.95
With Peas or Beans		With Tomato Sauce and Grated Cheese	

Dessert (available Monday - Saturday 12 - 2:30pm & 5 - 9pm, Sunday 4 - 9pm)

(V) Mojito Cheesecake (g,m,e,su)	£6.25	(V) Rhubarb & Strawberry Crumble (g,m,su)	£5.95
A sweet twist on the Classic Cocktail		Served with Clotted Cream	
(V) White Chocolate & Raspberry Blondie (m,e,g)	£6.50	(V) Triple Chocolate Parfait (nu,m,e)	£6.50
With Raspberry Coulis and Prosecco Sorbet		Iced Parfait with Hazelnut Brittle	

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.