

Locals who Lunch

Winter Menu Special Offer!

Available Monday–Friday 12pm–2:30pm

2 Courses: £15.95

3 Courses: £19.95

Starters

(Vg) Soup of the Day

Homemade Soup served with a Bread Roll (g,m) Please ask for Today's Special and applicable allergens

(V) Portobello Mushroom (su,m,gm)

Served with Red Onion Marmalade, Perl Las, Chestnut Shavings and Black Truffle Oil

Smoked Salmon Capanata

Salad (gm,su,f,g)

With Chargrilled Aubergine, Courgette, Heritage Tomato, Olives and Basil

Dessert

Carreg Baked

Cheesecake (su,g,m,e)

Infused with Passion Fruit and served with Passoa soaked Strawberries

Banana Sticky Toffee

Pudding (m,e,g)

Served with Chocolate Ice Cream and Butterscotch Sauce

Chocolate & Orange Delice (m,e,nu)

Served with Chestnut Chantilly Cream and Sea Salted Hazelnut Praline

Assiette of Sorbet (m,g)

Trio of Sorbet, Fresh Berries, Fruit Coulis and Homemade Tuille

Main Course

Beef Fillet Strips (m,mu,gm,su)

Served with Stroganoff Sauce, Watercress, Tomato and French Fries

Carreg Potted

Homemade Pie (c,g,e,gm,m,so,su,mu)

Served with Homemade Chips and your choice of Salad or Vegetables. Please ask for Today's Special

Carreg Beef Burger

(g,e,su,mu,m,gm,so)

7oz Lean Welsh Mincemeat, Baby Gem Lettuce, Beef Tomato, Pickled Gherkin and Melted Cheddar in a Toasted Brioche Bun served with Salad Garnish and Fries

Shrimp & Samphire

Tagliatelle (su,m,g,gm,f,cr,mo)

In a Creamy White Wine and Laver Bread Sauce

(Vg) Pearl Barley Risotto (g,gm,su,c)

With Butter Beans, Spinach, Roasted Butternut Squash, Onion and Garlic

(Vg) Mediterranean

Baguette (g,m,so,gm)

With Chargrilled Aubergine, Courgette, Heritage Tomato, Olives and Basil served with Skinny Fries

(V) Vegetable 12" Pizza (g,m)

Rich Tomato Sauce, Peppers, Onions, Artichokes, Basil Pesto, Grated Mozzarella

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.



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

(V) Portobello Mushroom (su,m,gm) £5.95

Served with Red Onion Marmalade, Perl Las,

Chestnut Shavings and Black Truffle Oil

Seafood Chowder with Saffron (cr,f,m,su,g,mo) £7.25

Smoked Haddock, Mussels, Prawns and Squid in a Creamy Chowder

Lamb Bon Bon (so,su,g,gm,e) £7.50

Braised Lamb Shoulder with Mint & Red Currant Jus

Smoked Salmon Caponata Salad (gm,su,f,g) £6.95

With Chargrilled Aubergine, Courgette, Heritage Tomato, Olives and Basil

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 (m,gm,so)	£24.95
Served with Roasted Beef Tomato, Portobello Mushroom and Homemade Chips	
Beef Fillet Strips (m,mu,gm,su)	£16.95
Served with Stroganoff Sauce, Watercress, Tomato 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 Beef Burger (g,e,su,mu,m,gm,so)	£14.95
7oz Lean Welsh Mincemeat, Baby Gem Lettuce, Beef Tomato, Pickled Gherkin and Melted Cheddar in a Toasted Brioche Bun served with Salad Garnish and Fries	
Classic Fish & Chips (f,g,gm,so)	£13.95
Fish of the Day coated in a Beer Batter served with Homemade Chips and Garden Peas	
Shrimp & Samphire Tagliatelle (su,m,g,gm,f,cr,mo)	£16.95
In a Creamy White Wine and Laver Bread Sauce	
(Vg) Pearl Barley Risotto (g,gm,su,c)	£10.95
With Butter Beans, Spinach, Roasted Butternut Squash, Onion and Garlic	
(V) Warm Winter Salad with Feta (su,gm,so,m)	£11.95
Roasted Broccoli, Butternut Squash, Parsnip, Potato and Carrot with Mixed Leaves and Lemon Herb Dressing	

Sandwiches & Baguettes

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) Honey Roasted Ham with Homemade Mustard Mayo	£6.95
(V) Welsh Cheddar & Tomato Chutney (g,m,mu,su,so,e)	£5.95
Tuna Mayonnaise & Cucumber (f,g,m,su,e,mu,so)	£6.50
(Vg) Mediterranean Baguette (g,m,so,gm) With Chargrilled Aubergine, Courgette, Heritage Tomato, Olives and Basil served with Skinny Fries	£8.50

12" Pizzas

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

For the Little Ones

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

Sauces & Sides

(V) Peppercorn Sauce (m,su,so)	£3.00
(V) Garlic Sauce (m,su,so)	£3.00
(V) Bourbon Sauce (mu,m,gm,so)	£3.25
(V) Seasonal Vegetables	£3.00
(Vg) House Salad (mu,su,so)	£3.00
(Vg) Beer Battered Onion Rings (g,su,so,gm)	£3.00
(Vg) Homemade Chips (so,gm)	£3.00
(Vg) French Fries (so,gm)	£3.00
(Vg) Sweet Potato Fries (so,gm)	£3.50
(V) Buttered New Potatoes (m)	£3.00
(V) Garlic & Herb Flatbread (m,g)	£3.50
(V) Garlic Flatbread with Cheese (g,m)	£4.25

Desserts

Carreg Baked Cheesecake (su,g,m,e)	£6.95
Infused with Passion Fruit and served with Passoa soaked Strawberries	
Apple & Cinnamon Charlotte (m,g,su,e)	£6.50
Served with Clotted Cream	
Banana Sticky Toffee Pudding (m,e,g)	£7.25
Served with Chocolate Ice Cream and Butterscotch Sauce	
Chocolate & Orange Delice (m,e,nu)	£6.95
Served with Chestnut Chantilly Cream and Sea Salted Hazelnut Praline	
Assiette of Sorbet (m,g)	£6.25
Trio of Sorbet, Fresh Berries, Fruit Coulis and Homemade Tuille	
Welsh Cheese and Port (m,su,g)	£8.25
A selection of Welsh Cheeses served with Crackers and Quince Jelly	

Hot Drinks

	Regular	Large
Americano	£2.35	£2.85
Cappuccino	£2.60	£3.10
Latte	£2.60	£3.10
Espresso	£2.35	£3.50
Mochaccino	£2.85	£3.45
Hot Chocolate	£2.60	£3.10
Deluxe Hot Chocolate	£3.60	£4.10
With Whipped Cream & Marshmallow		
Flat White	£2.95	
Pot of Tea	£2.35 pp	
Herbal or Fruit Tea	£2.60	
Coffee Floater	£2.85	
Coffee Liqueur	from £5.75	
Add Your Choice of Liqueur		
Cake for Coffee	£2.50	
Ask you Server for Today's Offering		

Afternoon Tea

Available Monday—Saturday 3pm—5pm

Sunday 4pm—5pm

Cream Tea

£7.95

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 Freshly Brewed Tea or Coffee

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

£18.95

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,m), Welsh Cake (m,e,g), Mini Cheese & Leek Tart (g,m,e), Mini Duck Bon Bon (g,g,m,e,su), Carrot Cake (nu,g), served with Freshly Brewed Tea or Coffee

Vegetarian Afternoon Tea (24hr pre-booking essential)

£18.95

A Selection of Finger Sandwiches (g,mu,m), (Avocado, Tomato & Lettuce, Goat's Cheese & Beetroot, Cheddar Cheese & Tomato Chutney), Traditional Scone with Jam & Clotted Cream (g,m), Raspberry Posset (m), Macaron (nu,e,m), Welsh Cake (m,e,g), Mini Cheese & Leek Tart (g,m,e), Jack Fruit Spring Roll (g), Carrot Cake (nu,g), served with Freshly Brewed Tea or Coffee

Vegan Afternoon Tea (24hr pre-booking essential)

£18.95

A Selection of Finger Sandwiches (g,m,mu) (Roasted Vegetable, Tomato & Pesto, Cucumber), Demi-tasse of Soup with Crostini (g), Tomato & Olive Vol-au-Vent (g,so,gm), Homemade Vegan Scone with Strawberry Jam (g,m), Sweet Potato Falafel (g), Dark Chocolate & Orange Tart (m,so,e), Carrot Cake (nu,g), served with Freshly Brewed Tea or Coffee

Children's Afternoon Tea (24hr pre-booking essential)

£8.95

A Selection of Finger Sandwiches (g,m,mu) (Plain Ham, Plain Cheddar Cheese, Strawberry Jam all on White Bread), Chocolate Chip Muffin topped with Cream & Biscuit (g,e,m), Raspberry & Chocolate Blondie dipped in Sugar Strands (g,e,m), Fruit & Marshmallow Skewer served with Strawberry Milkshake (m) and a Mini Doughnut (m,g,e)

Cocktail Menu

Cardigan Bay Cooler

Brecon Vodka, Lemon Juice, Gomme Syrup,
Raspberry Puree, Crème De Cassis,
Raspberries, Prosecco

£8.25

Mojito

Bacardi White Rum, Lime Juice, Gomme Syrup,
Mint Leaves, Soda

£7.95

Passionfruit Mojito

Bacardi White Rum, Passoa, Passionfruit
Puree, Lime Juice, Gomme Syrup, Mint Leaves,
Soda

£8.25

Carreg Martini

Smirnoff Vodka, Passoa, Passionfruit Puree,
Vanilla Syrup, with a shot of Prosecco

£8.25

Tom Collins

Gin, Lemon Juice, Gomme Syrup,
Soda

£7.95

Espresso Martini

Smirnoff Vodka, Tia Maria, Espresso,
Gomme Syrup

£7.95

Margarita

Tequila, Cointreau, Lime Juice

£7.95

Amaretto Sour

Disaronno, Sour Mix, Gomme Syrup
Cherry Bitters, Egg White

£7.95

Rhubarb & Elderflower Gin Sour

Hendricks Gin, Elderflower Liqueur, Sour Mix,
Rhubarb Syrup, Egg White

£7.95

Cosmopolitan

Vodka, Cointreau, Cranberry Juice, Lime Juice

£7.95

Bramble

Gin, Lemon Juice, Gomme Syrup, Cassis

£7.95

Old Fashioned

Makers Mark Bourbon, Angostura Bitters,
Brown Sugar, Soda

£8.50

If you have any dietary requirements or allergies please advise us

In accordance with current legislation, unless supplied pre-packed or served within a cocktail, Gin, Vodka, Whisky and Rum are offered for sale or served on these premises in quantities of 25ml or multiples thereof.

Wines by the glass are sold in quantities of 125ml, 175ml and 250ml.

Please see our Wines & Cocktails List for further information.

If you are lucky enough to look under 25 years of age you will be asked to prove that you are of legal age to purchase alcohol
