

# Carreg

at The Cliff

## Evening Menu

Available Daily 6 - 9pm

### Starters

<b>(Vg) Soup of the Day</b>	<b>£5.95</b>
Homemade Soup. Please ask for Today's Special and applicable allergens	
<b>(V) Portobello Mushroom (su,m,gm)</b>	<b>£5.95</b>
Served with Red Onion Marmalade, Perl Las, Chestnut Shavings and Black Truffle Oil	
<b>Seafood Chowder with Saffron (cr,f,m,su,g,mo)</b>	<b>£7.25</b>
Smoked Haddock, Mussels, Prawns and Squid in a Creamy Chowder	
<b>Lamb Bon Bon (so,su,g,gm,e)</b>	<b>£7.50</b>
Braised Lamb Shoulder with Mint & Red Currant Jus	
<b>Smoked Salmon Caponata Salad (gm,su,f,g)</b>	<b>£6.95</b>
With Chargrilled Aubergine, Courgette, Heritage Tomato, Olives and Basil	

### 12" Pizzas

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

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

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

<b>Pan Roasted Duck Breast</b> (su,m,gm)	<b>£19.95</b>
With Smoked Orange Sweet Potato Fondant, Two-Way Broccoli and Black Cherry Compote	
<b>Beef Fillet Strips</b> (m,mu,gm,su,so)	<b>£16.95</b>
Served with Stroganoff Sauce, Watercress, Tomato and French Fries	
<b>Oven Roasted Lamb Rump with Pea &amp; Mint Puree</b> (c,m,f,su,so,gm)	<b>£21.95</b>
Served with Boulangère Potato, Buttered Pembrookshire Leeks and Red Wine & Anchovy Jus	
<b>Chargrilled 8oz Sirloin Steak</b> (m,gm,so)	<b>£24.95</b>
Served with Roasted Beef Tomato, Portobello Mushroom and Homemade Chips	
<b>Shrimp &amp; Samphire Tagliatelle</b> (su,m,g,gm,f,cr,mo)	<b>£16.95</b>
In a Creamy White Wine and Laver Bread Sauce	
<b>Classic Fish and Chips</b> (f,g,gm,so)	<b>£13.95</b>
Fish of the Day coated in a Beer Batter served with Homemade Chips and Garden Peas	
<b>Chicken Ballotine Stuffed with Mushroom Duxelles</b> (su,gm,m,c)	<b>£15.95</b>
Served with Roasted Garlic Potato, Chantilly Carrots and Thyme Jus	
<b>Carreg Beef Burger</b> (g,e,su,mu,m,gm,so)	<b>£14.95</b>
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	
<b>Oven Roasted Hake with Smoked Pearl Barley</b> (f,m,gm,c,g)	<b>£18.50</b>
Complete with Butter Beans, Spinach, Butternut Squash and Chorizo	
<b>(Vg) Pearl Barley Risotto</b> (g,gm,su,c)	<b>£10.95</b>
With Butter Beans, Spinach, Roasted Butternut Squash, Onion and Garlic	
<b>(V) Warm Winter Salad with Feta</b> (su,gm,so,m)	<b>£11.95</b>
Roasted Broccoli, Butternut Squash, Parsnip, Potato and Carrot with Mixed Leaves and Lemon Herb Dressing	
<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	

## Sauces & Sides

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

## For the Little Ones

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

## Desserts

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

## Hot Drinks

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

## Red Wines

		125ml	175ml	250ml	Bottle
<b>Bin 1.</b>	<b>Garnacha, Spain, Gran Tesoro</b>	<b>£3.95</b>	<b>£5.25</b>	<b>£6.70</b>	<b>£19.95</b>
	Juicy bramble, cherry fruit and fresh redcurrants dominate this generous, easy drinking wine. Supple tannins are balanced by good acidity and blackberry notes, with a hint of liquorice and black pepper.				
<b>Bin 2.</b>	<b>Syrah, France, La Cour Des Dames</b>	<b>£4.25</b>	<b>£5.50</b>	<b>£7.10</b>	<b>£20.95</b>
	A deep red win with nuances of purple. Aromas of blueberry, blackberries and a key oak finish.				
<b>Bin 3.</b>	<b>Merlot, Chile, Petirrojo Reserva</b>	<b>£4.25</b>	<b>£5.50</b>	<b>£7.10</b>	<b>£20.95</b>
	Fresh red fruit aromas of strawberries and raspberries with a subtle note of vanilla and toasted oak.				
<b>Bin 4.</b>	<b>Rioja Tempranillo, Spain, Solar Viejo</b>	<b>£4.45</b>	<b>£5.95</b>	<b>£7.75</b>	<b>£22.95</b>
	Intense ruby red with notable violet flashes. Flavours of strawberry and raspberry.				
<b>Bin 5.</b>	<b>Malbec, Argentina, Acorden Tupungato</b>				<b>£26.95</b>
	A full rich red wine with notes of redcurrants, raspberry and blackberries, great with Lamb or Risotto.				
<b>Bin 6.</b>	<b>Pinot Noir, France, Ropiteay Bourgogne</b>				<b>£33.95</b>
	A bright cherry red wine with bold red berry flavours and a touch of oak.				
<b>Bin 7.</b>	<b>Barolo Italy Contea Di Castiglione</b>				<b>£37.95</b>
	A classic Barolo pale tawny in colour with aromas of nuts and red fruits with a dry finish.				

## White Wines

		125ml	175ml	250ml	Bottle
<b>Bin 11.</b>	<b>Viura, Spain, Gran Tesoro</b>	<b>£3.95</b>	<b>£5.25</b>	<b>£6.75</b>	<b>£19.95</b>
	Fresh, light savoury nose of ripe peach, lemon and fennel. Peach and cashew nut characters are matched by a broad, textural palate and clean, fruity finish.				
<b>Bin 12.</b>	<b>Pinot Grigio, Italy, Principato</b>	<b>£4.25</b>	<b>£5.50</b>	<b>£7.10</b>	<b>£20.95</b>
	Pale straw yellow colour. Shows delicate, floral and fruity aromas on the nose. Crisp and fresh on the palate with a juicy citrus character and a hint of nuttiness.				
<b>Bin 14.</b>	<b>Sauvignon Blanc, Chile, Petirrojo</b>	<b>£4.25</b>	<b>£5.50</b>	<b>£7.10</b>	<b>£20.95</b>
	Notes of grapefruit, white peaches, and fresh lemon grass. The aromas carry through the long crisp finish. Pair with salads, fish, shell fish, or chicken.				
<b>Bin 15.</b>	<b>Chardonnay, France, Lodez</b>	<b>£4.25</b>	<b>£5.50</b>	<b>£7.10</b>	<b>£20.95</b>
	Rich colour with deep golden highlights. Elegant, delicate and complex on the nose. Full and well balanced on the mouth.				
<b>Bin 16.</b>	<b>Chenin Blanc, South Africa, Boschendal Pavillion</b>				<b>£22.95</b>
	Un-Oaked, fruit led style, tropical & citrus fruit flavours with a fresh zingy finish.				
<b>Bin 17.</b>	<b>Marlborough Sauvignon Blanc, New Zealand, Waipara Hills</b>				<b>£25.95</b>
	Aromas of guava, melon, nettles, snow peas and crushed stone with fresh citrus, grapefruit, and a touch of pineapple on the first sip. Lovely weight and clean finish.				
<b>Bin 18.</b>	<b>Sancerre, France, Langlois Chateau</b>				<b>£34.95</b>
	Light yellow in colour with green reflections. Hints of white and citrus fruits.				
<b>Bin 19.</b>	<b>Chablis, France, Er Cru Josselin</b>				<b>£37.95</b>
	Intense and elegant, fruity with notes of almond on the nose. The mouth shows a perfect balance with a long lasting and a harmonious finish.				

## Rosé Wines

125ml    175ml    250ml    Bottle

**Bin 20. White Zinfandel, California, Winston Hill Rosé**    £4.35    £5.75    £7.50    £21.95  
An easy drinking style of rosé, light and fruity with sweet red berry fruit flavours

**Bin 21. Grenache, France, La Promenade Cote De Provence**    £27.95  
It's a captivating, pale salmon pink with delicate red fruit aromas, lovely ripe flavours and a dry refreshing character. Serve chilled throughout the year with ocean fresh favourites such as crab or lobster, pan seared tuna or grilled king prawns.

## Sparkling

125ml    Bottle

**Bin 25. Pinot Grigio Rosé, Italy, Pinot Grigio Spumante**    £25.95  
A lively rosé fizz with delicate aromas of red berries and a palate of lush, summer fruits. A fantastic aperitif.

**Bin 26. Prosecco, Italy, Contesa Guila DOC**    £5.95    £26.95  
Hints of apple and peach on the nose, with a light and delicate palate and citrus notes.

**Bin 27. Ayala Brut Majeur, France**    £64.95  
One of the original 25 grand marque champagne houses, Ayala Brut is light gold in colour with abundant and fine bubbles. On the nose, open and expressive. Delicate, unveiling notes of citrus, flowers and white fruits. Light gold in colour with abundant and fine bubbles. Precise, fruity and characterised by a long finish.

**Bin 28. Bollinger NV, France**    £84.95  
A golden colour, distinctive of black grape varieties with a beautiful aromatic complexity, ripe fruit and spicy aromas. Hints of apple and pear compote.

## Aperitifs & Digestifs

<b>Sherry</b> Harvey's Bristol Cream, Amontillado or Fino	<b>£3.00</b>	<b>Gimlet</b> Gin, Lime	<b>£7.00</b>
<b>Vermouth</b> Rosso, Bianco or Extra Dry	<b>£2.80</b>	<b>Limoncello</b>	<b>£3.50</b>
<b>Prosecco</b> Dry, Italian Sparkling Wine	<b>£5.95</b>	<b>Martell VS</b>	<b>£3.95</b>
<b>Negroni</b> Gin, Vermouth & Campari	<b>£7.70</b>	<b>Martell XO</b>	<b>£19.95</b>
<b>Aperol Spritz</b> Aperol, Prosecco and Soda	<b>£7.00</b>	<b>Courvoisier VS</b>	<b>£4.10</b>
		<b>Hennessey XO</b>	<b>£19.95</b>

# 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

---

## Beers, Ales & Ciders - Draught

	ABV %	Pint	Half Pint
Doom Bar	4.0	£3.95	£2.00
Guinness	4.0	£4.75	£2.45
Worthingtons	3.6	£3.85	£1.95
Carling	4.0	£3.90	£1.95
Staropramen	5.2	£5.10	£2.60
Stowford Press	4.6	£3.95	£2.00
Chieftain IPA	5.5	£5.05	£2.55
Peroni Nastro Azzurro	5.1	£5.50	£2.80

## Beers, Ales & Ciders - Bottled

	ABV %	Bottle
Newcastle Brown Ale	4.7	£4.85
Wainwrights (Gluten Free)	4.1	£4.85
Corona	4.5	£3.70
Coors Light	4.2	£3.50
Becks Blue	0.0	£3.20
Peroni Libera	0.0	£3.40
Rekordelig	4.5	£4.60
Orchard Gold	4.9	£4.60
Black Dragon	6.5	£4.70
Budweiser	5.0	£3.50

## Liqueurs & Aperitifs

	ABV %	25ml (unless other -wise stated)
Amontillado (50ml)	17.5	£3.00
Archers	18.0	£2.90
Aperol	11.0	£2.80
Baileys (50ml)	17.0	£4.00
Campari	25.0	£2.80
Chambord	16.5	£3.45
Cointreau	40.0	£3.00
Disarone	28.0	£3.00
Harveys Bristol Cream (50ml)	17.5	£3.00
Roc Port (50ml)	19.0	£2.70
Jagermeister	35.0	£3.00
Jose Cuervo Tequila	40.0	£3.10
La Chica Tequila	38.0	£2.80
Malibu	21.0	£2.80
Martini Bianco/Extra Dry/Rosso(50ml)	15.0	£2.90
Midori	20.0	£2.80
Orange 33	33.0	£3.50
Passoa	17.0	£2.80
Pernod	40.0	£3.10
Pimms	25.0	£3.50
Sambuca Black / White	38.0	£3.10
Tia Maria	20.0	£2.90

## Soft Drinks

	Small	Large	Bottle
Coca Cola			£2.20
Diet Coca Cola	£1.50	£2.60	£2.20
Coke Zero	£1.50	£2.60	£1.50
Lemonade	£1.65	£2.80	
Fentimans 275ml			£3.10
Fentimans 125ml			£1.85
J20			£2.70
Ginger Ale			£1.55
Appletiser			£2.90
Red Bull (can)			£3.30
Fruit Shoot			£2.20
Orange Juice			£1.70
Frobisher Apple Juice			£3.20
Tomato Juice			£1.70
Bitter Lemon			£1.50
Pineapple Juice			£1.70

## Whisky & Bourbon

	ABV %	25ml		ABV %	25ml
Bells	40.0	£2.90	Jim Beam	40.0	£3.40
Bulleit Bourbon	45.0	£4.10	Lagavulin 16yr	43.0	£7.90
Bulleit Bourbon 10yr	45.6	£6.00	Laphroaig	40.0	£5.55
Chivas Regal	40.0	£3.60	Makers Mark	45.0	£3.95
Cragganmore 12yr	40.0	£5.20	Monkey Shoulder	40.0	£4.00
Dalmore 12yr	40.0	£5.75	Oban	43.0	£4.95
Dalwhinnie 15yr	43.0	£5.70	Penderyn	46.0	£4.95
Drambuie	40.0	£3.60	Penderyn Legend	41.0	£4.50
Famous Grouse	40.0	£2.90	Southern Comfort	35.0	£3.00
Glenfiddich 12yr	40.0	£4.80	Talisker	45.8	£5.55
Glenkinchie	43.0	£4.60			
Glenmorangie	40.0	£4.90			
Highland Park	45.7	£4.10			
Jack Daniels	40.0	£3.35			
Jamesons	40.0	£2.95			

## Rum

	ABV %	25ml
Bacardi	37.5	£3.00
Havana 3	40.0	£3.35
Lamb's Navy Rum	40.00	£2.60
Captain Morgan Spiced Rum	35.0	£3.10
Captain Morgan Rum	40.0	£3.00
Barti Spiced	35.0	£3.45
Appleton Estate	40.0	£3.70

## Vodka

	ABV %	25ml
Five Vodka	40.0	£3.20
Smirnoff Red	37.5	£2.90
Absolut Vodka	40.0	£3.20
JJ Whitley Potato Vodka	38.0	£3.10
Ketel One	40.0	£3.60
New Amsterdam	37.5	£3.35

## Gin

	ABV %	25ml		ABV %	25ml
Bombay Sapphire	40.0	£3.60	Gordons	37.5	£2.80
Brecon Gin	40.0	£3.20	Hendricks Gin	41.4	£4.00
Beefeater	40.0	£3.35	JJ Whitley Gin	37.5	£3.10
Beefeater Blood Orange	37.5	£3.35	Da Mhile Seaweed	42.0	£4.00
Crawshay Orange Zest	37.5	£3.60	Da Mhile Oak Aged	42.0	£4.00
Crawshay Rhubarb & Vanilla	37.5	£3.60	Da Mhile Botanical	42.0	£4.00
Crawshay Sweet Violet			Whitley Neil Rhubarb & Ginger	43.0	£3.45
- Gin Liqueur	18.0	£3.30	Whitley Neil Raspberry	43.0	£3.45
Crashay Sweet Rose					
- Gin Liqueur	18.0	£3.30			
Gordons Pink	37.5	£2.80			
Tanqueray Gin	43.1	£3.35			