



Hotel & Spa

Food Menu



Room Service Menu and Dinner Order Form

To order Lunch please dial '0' from your in-room telephone

Dinner must be ordered by 4pm for service this evening

5:00 – 5:15pm	<input type="checkbox"/>	5:15 – 5:30pm	<input type="checkbox"/>	5:30 – 5:45pm	<input type="checkbox"/>	5:45 – 6pm	<input type="checkbox"/>
6:00 – 6:15pm	<input type="checkbox"/>	6:15 – 6:30pm	<input type="checkbox"/>	6:30 – 6:45pm	<input type="checkbox"/>	6:45 – 7pm	<input type="checkbox"/>
7:00 – 7:15pm	<input type="checkbox"/>	7:15 – 7:30pm	<input type="checkbox"/>	7:30 – 7:45pm	<input type="checkbox"/>	7:45 – 8pm	<input type="checkbox"/>
8:00 – 8:15pm	<input type="checkbox"/>	8:15 – 8:30pm	<input type="checkbox"/>	8:30 – 8:45pm	<input type="checkbox"/>	8:45 – 9pm	<input type="checkbox"/>

Please detail any allergens or dietary requirements that need to be considered:

Please detail your drinks order from our Drinks Menu:

Room # _____ Name: _____ Date: _____
 Signature: _____

12" Pizzas (available 12 - 9pm)

(V) Margherita (g,m)	£9.95	<input type="checkbox"/>
Rich Tomato Sauce topped with Grated Mozzarella		
(V) Vegetable (g,m,n)	£10.95	<input type="checkbox"/>
Rich Tomato Sauce, Peppers, Onions, Artichokes, Basil Pesto, Grated Mozzarella		
Pepperoni (g,m)	£10.50	<input type="checkbox"/>
Rich Tomato Sauce, Onions, Pepperoni, Grated Mozzarella		
BBQ Chicken (g,m,su)	£12.25	<input type="checkbox"/>
Rich Tomato Sauce, BBQ Chicken, Peppers, Onions, Grated Mozzarella		
Hawaiian (g,m)	£11.00	<input type="checkbox"/>
Rich Tomato Sauce, Ham, Pineapple, Grated Mozzarella		
Make Your Own Pizza (g,m)	£12.95	<input type="checkbox"/>
Choose any 3 toppings from Pepperoni, BBQ Chicken (su), Ham, Onions, Peppers, Artichokes (su), Pineapple, Extra Mozzarella (m), Mushrooms, Rocket, Red Chillies, Cheddar (m), Goats Cheese (m)		
	Add additional toppings for £1.50 each	

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. Please ask your server for available alternatives to accommodate your dietary requirements.

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.

Light Snacks & Starters (available 12 - 2:30pm & 5 - 9pm)

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

Main Course (available 12 - 2:30pm & 5 - 9pm)

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

Sandwiches & Baguettes (available 12 - 5pm)

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

Sides (available 12 - 9pm)

Homemade Chips (gm,so)	£3.00	<input type="checkbox"/>	Garlic Flatbread with Cheese (g,m)	£4.25	<input type="checkbox"/>
Skinny Fries (gm,so)	£3.00	<input type="checkbox"/>	Seasonal Vegetables (m)	£3.00	<input type="checkbox"/>
Sweet Potato Fries (gm,g,so)	£3.50	<input type="checkbox"/>	House Salad (su,so,mu)	£3.00	<input type="checkbox"/>
New Potatoes (m)	£3.00	<input type="checkbox"/>	Peppercorn Sauce (m,su,so)	£3.00	<input type="checkbox"/>
Garlic Flatbread (g,m)	£3.50	<input type="checkbox"/>	Mushroom & Brandy Sauce (su,so,gm,m)	£3.25	<input type="checkbox"/>

For the Little Ones (available 12 - 9pm)

Chicken Goujons and Chips (g,gm,m,su,so)	£6.95	<input type="checkbox"/>
With Peas or Beans		
Sausage & Chips (g,gm,so)	£6.95	<input type="checkbox"/>
With Peas or Beans		
Mini Fish and Chips (f,g,,gm,m,su,so)	£6.95	<input type="checkbox"/>
With Peas or Beans		
(V) Tagliatelle (g,m,su)	£6.95	<input type="checkbox"/>
With Tomato Sauce and Grated Cheese		

Dessert (available for 12 - 2:30pm & 5 -9pm)

(V) Lemon Cream Pie (m,g,e)	£5.95	<input type="checkbox"/>
Pastry based with a zesty, creamy filling		
(V) Mojito Cheesecake (g,m,e,su)	£6.25	<input type="checkbox"/>
A sweet twist on the Classic Cocktail		
(V) White Chocolate & Raspberry Blondie (m,e,g)	£6.50	<input type="checkbox"/>
With Raspberry Coulis and White Chocolate Mousse		
(Vg) Chocolate & Passionfruit Tart (g,su,n)	£6.50	<input type="checkbox"/>
With a Praline Base and Hazelnut Brittle		