



Table service only

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

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

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) Honey Roasted Ham with Homemade Mustard Mayo	£6.95
(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) Sweet Potato Falafel wrapped with House Salad and (Vg) Mint Yoghurt served with Skinny Fries	£9.50

12" Pizzas (available 12 – 9pm)

(V) Margherita (g,m) Rich Tomato Sauce topped with Grated Mozzarella	£9.95
(V) Vegetable (g,m,n) Rich Tomato Sauce, Peppers, Onions, Artichokes, Basil Pesto, Grated Mozzarella	£10.95
Pepperoni (g,m) Rich Tomato Sauce, Onions, Pepperoni, Grated Mozzarella	£10.50
BBQ Chicken (g,m,su) Rich Tomato Sauce, BBQ Chicken, Peppers, Onions, Grated Mozzarella	£12.25
Hawaiian (g,m) Rich Tomato Sauce, Ham, Pineapple, Grated Mozzarella	£11.00
Make Your Own Pizza (g,m) 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	£11.95

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

Carreg Beef Burger (g,e,su,mu,m,gm,so)	£14.95
7oz Lean Welsh Mince, Baby Gem Lettuce, Beef Tomato, Pickled Cherkin 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	
Crab & Samphire Tagliatelle (cr,su,g,e,f,m)	£17.50
Tagliatelle, Samphire and Crab coated in a Rich Bisque (<i>dependant on availability</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 Stroganoff Sauce, House Salad and French Fries	
Pan Roasted Chicken Breast (su,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, Charred 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)	£14.95
Baby Gem Lettuce, Grilled Chicken Breast, Bacon Crumb, Anchovies, coated in a House Caesar Dressing and topped with Parmesan and Garlic Croutons	

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

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

For the Little Ones (available 12 – 9pm)

Chicken Goujons and Chips (g,gm,m,su,so)	£6.95	Sausage & Chips (g,gm,so)	£6.95
With Peas or Beans		With Peas or Beans	
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	

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

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.

Sides (available 12 – 9pm)

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	Mushroom & Brandy Sauce (su,so,gm,m)	£3.25
New Potatoes (m)	£3.00	Garlic Sauce (m,su,so)	£3.00		

Bar Snacks

Crisps	£1.00	Sweet Chilli Crackers	£1.50
Salted Nuts	£1.50	Mixed Marinated Olives	£3.00
Wasabi Peas	£1.50		

Afternoon Tea (available 10 – 5pm)

Cream Tea, Traditional Scone with Jam & Cream (g,m)	£5.95
Served with Freshly Brewed Tea or Coffee	
Welsh Tea, Traditional Scone with Jam & Cream (g,m), Bara Brith and Welshcake (g,m,n,e)	£7.95
Served with Freshly Brewed Tea or Coffee	
Cake of the Day	£2.50
Please ask your server for today's 'Cake of the Day'	

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
Bin 1.	Garnacha, Spain, Gran Tesoro	£3.95	£5.25	£6.70	£19.95
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.					
Bin 2.	Syrah, France, La Cour Des Dames	£4.25	£5.50	£7.10	£20.95
A deep red win with nuances of purple. Aromas of blueberry, blackberries and a key oak finish.					
Bin 3.	Merlot, Chile, Petirrojo Reserva	£4.25	£5.50	£7.10	£20.95
Fresh red fruit aromas of strawberries and raspberries with a subtle note of vanilla and toasted oak.					
Bin 4.	Rioja Tempranillo, Spain, Solar Viejo	£4.45	£5.95	£7.75	£22.95
Intense ruby red with notable violet flashes. Flavours of strawberry and raspberry.					
Bin 5.	Malbec, Argentina, Acorden Tupungato				£26.95
A full rich red wine with notes of redcurrants, raspberry and blackberries, great with Lamb or Risotto.					
Bin 6.	Pinot Noir, France, Ropiteay Bourgogne				£33.95
A bright cherry red wine with bold red berry flavours and a touch of oak.					
Bin 7.	Barolo Italy Contea Di Castiglione				£37.95
A classic Barolo pale tawny in colour with aromas of nuts and red fruits with a dry finish.					

White Wines		125ml	175ml	250ml	Bottle
Bin 11.	Viura, Spain, Gran Tesoro	£3.95	£5.25	£6.75	£19.95
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.					
Bin 12.	Pinot Grigio, Italy, Principato	£4.25	£5.50	£7.10	£20.95
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.					
Bin 14.	Sauvignon Blanc, Chile, Petirrojo	£4.25	£5.50	£7.10	£20.95
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.					
Bin 15.	Chardonnay, France, Lodez	£4.25	£5.50	£7.10	£20.95
Rich colour with deep golden highlights. Elegant, delicate and complex on the nose. Full and well balanced on the mouth.					
Bin 16.	Chenin Blanc, South Africa, Boschendal Pavillion				£22.95
Un-Oaked, fruit led style, tropical & citrus fruit flavours with a fresh zingy finish.					
Bin 17.	Marlborough Sauvignon Blanc, New Zealand, Waipara Hills				£25.95
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.					
Bin 18.	Sancerre, France, Langlois Chateau				£34.95
Light yellow in colour with green reflections. Hints of white and citrus fruits.					
Bin 19.	Chablis, France, Er Cru Josselin				£37.95
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
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Bin 20. White Zinfandel, California, Winston Hill Rosé	£4.35	£5.75	£7.50	£21.95
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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
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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
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Bin 25. Pinot Grigio Rosé, Italy, Pinot Grigio Spumante				£25.95
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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
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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
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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
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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

Sherry Harvey's Bristol Cream, Amontillado or Fino	£3.05	Gimlet Gin, Lime	£7.00
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Vermouth Rosso, Bianco or Extra Dry	£2.90	Limoncello	£3.50
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Prosecco Dry, Italian Sparkling Wine	£5.95	Martell VS	£3.95
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Negroni Gin, Vermouth & Campari	£7.70	Martell XO	£19.95
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Aperol Spritz Aperol, Prosecco and Soda	£7.00	Courvoisier VS	£4.10
		Hennessey XO	£19.95

Cocktail Menu

Cardigan Bay Cooler Brecon Vodka, Lemon Juice, Gomme Syrup, Raspberry Puree, Crème De Cassis, Raspberries, Prosecco	£8.50
Mojito Bacardi White Rum, Lime Juice, Gomme Syrup, Mint Leaves, Soda	£7.25
Passion Fruit Mojito Bacardi White Rum, Passoa, Passionfruit Puree, Lime Juice, Gomme Syrup, Mint Leaves, Soda	£8.50
Carreg Martini Smirnoff Vodka, Passoa, Passionfruit Puree, Vanilla Syrup, with a shot of Prosecco	£8.50
Tom Collins Gin, Lemon Juice, Gomme Syrup, Soda	£8.25
Espresso Martini Smirnoff Vodka, Tia Maria, Espresso, Gomme Syrup	£8.25
Margarita Tequila, Cointreau, Lime Juice	£8.25
Amaretto Sour Disaronno, Sour Mix, Gomme Syrup, Cherry Bitters, Egg White	£8.25
Rhubarb & Elderflower Gin Sour Hendricks Gin, Elderflower Liqueur, Sour Mix, Rhubarb Syrup, Egg White	£8.25
Cosmopolitan Vodka, Cointreau, Cranberry Juice, Lime Juice	£8.25
Bramble Gin, Lemon Juice, Gomme Syrup, Cassis	£8.25
Old Fashioned Makers Mark Bourbon, Angostura Bitters, Brown Sugar, Soda	£8.75

Mocktail Menu

All £4.75

Virgin Chocolate Espresso Martini Espresso, Double Cream, Chocolate Syrup
Virgin Classic Mojito Lime Juice, Gomme Syrup, Soda, Lime, Mint Leaf
Virgin Passion Fruit Mojito Lime Juice, Gomme Syrup, Passion Fruit Puree, Soda, Mint Leaf
Virgin Bramble Lemon Juice, Gomme Syrup, Soda, Cherry Syrup
Virgin Cardigan Bay Cooler Lemon Juice, Gomme Syrup, Raspberry Puree, Raspberries, Soda
Virgin Carreg Martini Vanilla Syrup, Passion Fruit Puree, Orange Juice
Virgin Raspberry Mojito Lime Juice, Gomme Syrup, Raspberry Puree, Cranberry Juice, Soda, Mint Leaf
Virgin Cosmopolitan Cranberry Juice, Orange Syrup, Lime Juice

Beers, Ales & Ciders - Draught

	ABV %	Pint	Half Pint
Doom Bar	4.0	£4.10	£2.05
Guinness	4.0	£4.95	£2.50
Worthingtons	3.6	£4.00	£2.00
Carling	4.0	£4.05	£2.05
Staropramen	5.2	£5.25	£2.65
Stowford Press	4.6	£4.10	£2.05
Chieftain IPA	5.5	£5.20	£2.60
Peroni Nastro Azzurro	5.1	£5.65	£2.85

Beers, Ales & Ciders - Bottled

	ABV %	Bottle
Newcastle Brown Ale	4.7	£4.95
Wainwrights (Gluten Free)	4.1	£4.95
Corona	4.5	£3.80
Coors Light	4.2	£3.60
Bavaria	0.0	£3.25
Peroni Libera	0.0	£3.50
Rekordelig	4.5	£4.75
Orchard Gold	4.9	£4.75
Black Dragon	6.5	£4.85
Budweiser	5.0	£3.80

Liqueurs & Aperitifs

	ABV %	25ml (unless other -wise stated)
Amontillado (50ml)	17.5	£3.05
Archers	18.0	£2.95
Aperol	11.0	£2.85
Baileys (50ml)	17.0	£4.05
Campari	25.0	£2.85
Chambord	16.5	£3.50
Cointreau	40.0	£3.05
Da Mhile Orange 33	33.0	£3.55
Disaronno	28.0	£3.05
Drambuie	40.0	£3.65
Harveys Bristol Cream (50ml)	17.5	£3.05
Roc Port (50ml)	19.0	£3.15
Jagermeister	35.0	£3.05
Jose Cuervo Tequila	40.0	£3.15
La Chica Tequila	38.0	£2.85
Malibu	21.0	£2.85
Martini Bianco/Extra Dry/Rosso(50ml)	15.0	£2.95
Midori	20.0	£2.85
Passoa	17.0	£2.85
Pernod	40.0	£3.15
Pimms	25.0	£3.55
Sambuca Black / White	38.0	£3.15
Tia Maria	20.0	£2.95

Soft Drinks

	Small	Large	Bottle
Coca Cola			£2.35
Diet Coca Cola	£1.55	£2.70	£2.20
Coke Zero	£1.55	£2.70	£2.20
Lemonade	£1.75	£2.90	
Fentimans 275ml Elderflower, Ginger Beer or Rose Lemonade			£3.20
Fentimans 125ml Tonic / Light Tonic or Yuzu Tonic			£1.95
J20			£2.80
Ginger Ale			£1.65
Appletiser			£3.00
Red Bull (can)			£3.40
Fruit Shoot Apple, Blackcurrant or Orange			£2.30
Orange Juice			£1.80
Frobisher Apple Juice			£3.20
Tomato Juice			£1.80
Bitter Lemon			£1.60
Pineapple Juice			£1.80

Whisky & Bourbon

	ABV %	25ml		ABV %	25ml
Bells	40.0	£2.95	Jim Beam	40.0	£3.45
Bulleit Bourbon	45.0	£4.15	Lagavulin 16yr	43.0	£7.95
Bulleit Bourbon 10yr	45.6	£6.05	Laphroaig	40.0	£5.60
Chivas Regal	40.0	£3.95	Makers Mark	45.0	£4.00
Cragganmore 12yr	40.0	£5.25	Monkey Shoulder	40.0	£4.05
Dalmore 12yr	40.0	£5.80	Oban	43.0	£5.95
Dalwhinnie 15yr	43.0	£5.75	Penderyn	46.0	£5.00
Famous Grouse	40.0	£2.95	Penderyn Legend	41.0	£4.55
Glenfiddich 12yr	40.0	£4.85	Southern Comfort	35.0	£3.05
Glenkinchie	43.0	£4.65	Talisker	45.8	£5.60
Glenmorangie	40.0	£4.95			
Highland Park	45.7	£4.15			
Jack Daniels	40.0	£3.40			
Jamesons	40.0	£3.00			

Rum

	ABV %	25ml
Bacardi	37.5	£3.05
Havana 3	40.0	£3.40
Lamb's Navy Rum	40.00	£2.65
Captain Morgan Spiced Rum	35.0	£3.15
Captain Morgan Rum	40.0	£3.05
Barti Spiced	35.0	£3.50
Appleton Estate	40.0	£3.75

Vodka

	ABV %	25ml
Five Vodka	40.0	£3.25
Smirnoff Red	37.5	£2.95
Absolut Vodka	40.0	£3.25
JJ Whitley Potato Vodka	38.0	£3.15
Ketel One	40.0	£3.65
New Amsterdam	37.5	£3.40

Gin

	ABV %	25ml		ABV %	25ml
Bombay Sapphire	40.0	£3.65	Gordons	37.5	£2.85
Brecon Gin	40.0	£3.25	Hendricks Gin	41.4	£4.05
Beefeater	40.0	£3.40	JJ Whitley Gin	37.5	£3.15
Beefeater Blood Orange	37.5	£3.40	Da Mhile Seaweed	42.0	£4.05
Crawshay Orange Zest	37.5	£3.65	Da Mhile Oak Aged	42.0	£4.05
Crawshay Rhubarb & Vanilla	37.5	£3.65	Da Mhile Botanical	42.0	£4.05
Crawshay Sweet Violet			Whitley Neil Rhubarb & Ginger	43.0	£3.50
- Gin Liqueur	18.0	£3.35	Whitley Neil Raspberry	43.0	£3.50
Crashay Sweet Rose					
- Gin Liqueur	18.0	£3.35			
Gordons Pink	37.5	£2.95			
Tanqueray Gin	43.1	£3.40			