

Lunch Menu served 12 - 5pm Monday - Saturday

## While You Wait

<b>(Vg) Mixed Olives</b>	£4.00
<b>(V) &amp; (MVg) Selection of Breads with Balsamic and Butter</b>	£4.00
<b>(V) Sundried Tomatoes &amp; Mozzarella</b>	£4.00

## Sandwiches

*All served with Salad and Crisps*

*Gluten Free available upon request*

<b>Fillet Beef Baguette</b>	£11.50
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*On white or brown Barra Gallega. Horseradish Cream, Caramelised Onion*

<b>Chicken &amp; Roasted Red Pepper Wrap</b>	£9.25
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*Cos Lettuce, Red Onion, Cucumber, Mozzarella and Chorizo Mayo in an oven baked Wrap*

<b>(Vg) Smashed Chickpea Caesar Baguette</b>	£8.95
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*On white or brown Barra Gallega. Cos Lettuce, Chickpeas, Cashew Nuts, Mayo, Red Onion, Capers and Lemon*

### Classic Sandwich

<i>All served on brown or white Bloomer</i>	£7.95
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Ham & Mustard

or

**(V) Cheese & Chutney**

or

Smoked Salmon and Dill Crema

## To Accompany

*Sides*

<b>Home Cut Chips</b>	£3.00	<b>Fries</b>	£3.00
<b>House Salad</b>	£3.00	<b>Sautéed Onions</b>	£3.00
<b>Medley of Vegetables</b>	£3.00	<b>Garlic Bread</b>	£3.50
<b>Garlic Bread with Cheese</b>	£4.25	<b>Roasted New Potatoes</b>	£3.25

**Allergy key:** (V) Vegetarian; (Vg) Vegan;

(MV) Modified Vegetarian, (MVg) Modified Vegan, please request with your server

*Most dishes can be adapted to be Gluten Free, please enquire with your server.*

*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 and request to view our Allergens Book.*

## Something Light

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<b>(V) &amp; (MVg) Chef's Soup</b>		£5.95
please enquire with your server for today's special. Served with Grilled Sourdough		
<b>(MV) Burrata</b>		£7.25
Chorizo Bolognese, Sorrel Pesto and Toasted Focaccia		
<b>(V) Wild Mushroom &amp; Smoked Caerphilly Arancini</b>		£7.25
Braised Baby Gem and Port Sauce		
<b>Cockles &amp; Laverbread</b>		£6.95
White Wine Bechamel, Charred Sourdough and Bacon Crumb		
<b>(V) &amp; (MVg) Antipasti Platter</b>	For 1	£10.95
Flatbread, Cured Meats, Olives, Buffalo Mozzarella,	For 2	£15.95
Sundried Tomatoes, Pesto and Red Pepper Hummus		
<b>(V) Bruschetta con Funghi</b>		£8.25
Mushrooms, Grilled Sourdough, Fried Egg and Truffle Oil		
<b>(V) &amp; (Vg) Pea &amp; Mint Chickpea Rösti</b>		£6.95
Cashew & Caper Mayo and Rocket		

## Something Not So Light

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<b>Fillet of Beef Medallions</b>		£19.50
Fingerling Potatoes, Charred Asparagus and Mushroom & Brandy Sauce		
<b>Beef Burger</b>		£15.95
7oz Burger in a Flour Bun with Crispy Bacon, Apple Wood Smoked Cheese, Tomato Relish, Lettuce, Red Onion and Dijon Mayo served with Slaw and Fries		
<b>Grilled Chicken Breast</b>		£16.95
Chorizo & Rosemary Pearl Barley Risotto with Lemon Oil		
<b>Seafood Tagliatelle</b>		£18.95
Mussels, Prawns, Calamari & Baby Squid, Cherry Tomato, White Wine, Garlic, Capers, Parsley and Calabrian Pepper Paste		
<b>Pan-Fried Stone Seabass</b>		£18.95
Mussels, Prawns, Calamari, Baby Potato, Soba and Sauce Américaine		
<b>Fish &amp; Chips</b>		£15.95
Tartare Sauce, Chilli & Minted Mushy Peas, Home Cut Chips and Lemon		
<b>(V) &amp; (Vg) Panzanella Salad</b>		£14.95
Olives, Sundried Tomatoes, Pesto, Rocket, Red Onion, Cucumber, Croutons, Capers, Red Wine Vinaigrette and Toasted Seeds		
<i>Add Chicken Breast £2.00 supplement</i>		
<b>(V) Wild Mushroom Tagliatelle</b>		£13.95
Parmesan, Parsley, Garlic and Cream		
<b>(V) &amp; (Vg) Pearl Barley Risotto</b>		£13.95
Squash, Rosemary, Carrots and Lemon Oil		

## Indulge

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<b>(V) Deep Filled Cheesecake</b>	£6.50
Please ask your server for today's special	
<b>(V) &amp; (MVg) Assiette of Sorbet</b>	£6.25
Chocolate Soil, Tuille and Fruits	
<b>(V) &amp; (MVg) Warm Chocolate Brownie</b>	£6.50
Ice Cream and Chocolate Sauce	
<b>Cake for Coffee</b>	£2.95
Please ask your server for our available cakes	
<b>Cream Tea, Traditional Scone with Jam &amp; Cream</b>	£5.95
(available daily 10 - 5pm)	
Served with Freshly Brewed Tea or Coffee	
<b>Welsh Tea, Traditional Scone with Jam &amp; Cream, Bara Brith and Welshcake</b>	£7.95
(available daily 10 - 5pm)	
Served with Freshly Brewed Tea or Coffee	

## Little Cliff Guests

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<b>Sausage &amp; Mash</b>	£6.95
served with Peas or Beans	
<b>Chicken Goujons &amp; Fries</b>	£6.95
served with Peas or Beans	
<b>Fish &amp; Chips</b>	£6.95
served with Peas or Beans	
<b>Tagliatelle</b>	£6.95
served in a Tomato Passata with grated Cheddar	
<b>Margarita Pizza</b>	£6.95
Tomato and Stringy Cheese	

## Little Cliff Guests Desserts

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<b>Trio of Ice Cream</b>	£3.95
your choice from Chocolate, Strawberry or Mint Choc Chip	
<b>Chocolate Brownie Sundae</b>	£3.95
Vanilla Ice Cream, Chocolate Sauce, Brownie Chunks and Chocolate Soil	

Red Wines	125ml	175ml	250ml	Bottle
<b>Bin 1.</b> <b>Garnacha, Spain,</b> <b>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,</b> <b>La Cour Des Dames</b>	<b>£4.25</b>	<b>£5.50</b>	<b>£7.10</b>	<b>£20.95</b>
A deep red wine with nuances of purple. Aromas of blueberry, blackberries and a key oak finish.				
<b>Bin 3.</b> <b>Merlot, Chile,</b> <b>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,</b> <b>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,</b> <b>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,</b> <b>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.				

**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

**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.****Chio Pinot Spumante Rosé** £27.95

A refreshing sparkling wine from Italy. It has delicate aromas of strawberries and raspberries and a creamy palate great with light nibbles or starters.

**Bin 26.****Prosecco, Italy, Contesa Guila DOC** £6.00 £27.95

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.

## 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 With Whipped Cream & Marshmallow	£3.60	£4.10
Flat White		£2.95
Pot of Tea		£2.35 pp
Herbal or Fruit Tea		£2.60
Coffee Floater		£2.85
Coffee Liqueur Add Your Choice of Liqueur		from £5.75

## Soft Drinks

	Small	Large	Bottle
Coca Cola	£1.75	£2.90	£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
Schweppes - Tonic / Light Tonic			£1.95
Fever Tree - Tonic / Light Tonic			£1.95
J20			£2.90
Ginger Ale			£1.65
Appletiser			£3.00
Red Bull (can)			£3.40
Fruit Shoot - Apple, Blackcurrant or Orange			£2.30
Orange Juice			£1.90
Frobisher Apple Juice			£3.20
Tomato Juice			£1.90
Bitter Lemon			£1.70
Pineapple Juice			£1.90

## Cocktail Menu

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<b>Cardigan Bay Cooler</b>	£8.85
Brecon Vodka, Lemon Juice, Gomme Syrup, Raspberry Puree, Crème De Cassis, Raspberries, Prosecco	
<b>Mojito</b>	£7.85
Bacardi White Rum, Lime Juice, Gomme Syrup, Mint Leaves, Soda	
<b>Passion Fruit Mojito</b>	£8.85
Bacardi White Rum, Passoa, Passionfruit Puree, Lime Juice, Gomme Syrup, Mint Leaves, Soda	
<b>Carreg Martini</b>	£8.85
Smirnoff Vodka, Passoa, Passionfruit Puree, Vanilla Syrup, with a shot of Prosecco	
<b>Tom Collins</b>	£8.55
Gin, Lemon Juice, Gomme Syrup, Soda	
<b>Espresso Martini</b>	£8.85
Smirnoff Vodka, Tia Maria, Espresso, Gomme Syrup	
<b>Margarita</b>	£8.55
Tequila, Cointreau, Lime Juice	
<b>Amaretto Sour</b>	£8.55
Disaronno, Sour Mix, Gomme Syrup, Cherry Bitters, Egg White	
<b>Rhubarb &amp; Elderflower Gin Sour</b>	£8.55
Hendricks Gin, Elderflower Liqueur, Sour Mix, Rhubarb Syrup, Egg White	
<b>Cosmopolitan</b>	£8.55
Vodka, Cointreau, Cranberry Juice, Lime Juice	
<b>Bramble</b>	£8.55
Gin, Lemon Juice, Gomme Syrup, Cassis	
<b>Old Fashioned</b>	£8.95
Makers Mark Bourbon, Angostura Bitters, Brown Sugar, Soda	

If you have any dietary requirements or allergies please advise us

## Mocktail Menu

All £4.85

### 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

## Bar Snacks

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Crisps	£1.00
Sweet Chilli Crackers	£1.50
Salted Nuts	£1.50
Wasabi Peas	£1.50