

## While You Wait

(Vg) Mixed Olives	£4.25
(V) & (MVg) Selection of Breads with Balsamic and Butter (m,su,g)	£4.25
(V) Sundried Tomatoes & Mozzarella (m)	£4.25

## To Begin

(V) & (MVg) Chef's Soup	£5.95
Please enquire with your server for today's special and allergens. Served with Rosemary Focaccia	
Beef Carpaccio (mu,so,gm,g,su)	£7.95
Rocket, Pickled Shallot, Garlic Croûte, Sundried Tomato Salsa	
Salmon Tartare (so,gm,m,g,mu,su,f)	£8.25
Avocado and Beetroot Brunoise, Dill Crème Puff Pastry, Parsley Oil	
Peppered Mackerel Risotto (f,su,so,gm,m,c)	£8.25
Rocket, Lemon, Grana Padano	
Chorizo Patatas Bravas (so,gm,m)	£7.25
Smokey Tomato Cream Sauce	
(V) & (MVg) Carreg Flatbread (g,gm,m,so,su)	£7.25
Garlic Flatbread, Goat's Cheese, Red Onion Marmalade, Wilted Spinach, Balsamic Glaze	
(Vg) Sweet Potato Tikki (c,mu,so,gm)	£6.95
Sweet Potato Cake, Coriander, Garam Masala, Ginger, Garlic with Mint & Cucumber Raita	
(V) & (MVg) Antipasti Platter (g,m,s,gm,so)	For 1 £10.95
Toasted Focaccia, Cured Meats, Olives, Fresh Mozzarella, Sundried Tomatoes, Peppadews, Pesto and Red Pepper Hummus	
	For 2 £15.95

## Pizza

Mare e Monti (g,m,cr,mo)	£12.95
Prawns, Mussels, Calamari, Baby Squid, Garlic, Parmesan, Parsley	
(V) Spinach Di Capri (g,m,su)	£11.95
Goat's Cheese, Red Onion, Caramelised Red Onion, Wilted Spinach, Garlic	
American (g,m)	£10.95
Pepperoni, Tomato, Cheese	
Pollo De Forza 🌶️ (g,m,so,gm)	£12.25
Chicken, Sweet Peppadews, Red Onion, Cajun Spice, Garlic	
Calabrian 🌶️🌶️ (g,m,so,gm,su)	£12.95
Chorizo, Roasted Red Peppers, Hot Nduja Sausage, Rocket, Pesto, Parmesan, Fresh Mozzarella	

*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. Our menus are designed using fresh unprocessed produce wherever possible. Although every care is used, please be aware that seafood dishes may contain fish bones and shell fragments.*

*Please note that guests staying on a Dinner, Bed & Breakfast Package receive a £30 per person food allowance*

**Allergy key:** (V) Vegetarian; (Vg) Vegan; (MVg) Modified 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.

<b>Braised Brisket of Beef</b> (so,gm,su,c,m)	£21.50
Roasted New Potatoes, Tender Stem Broccoli and Peppercorn Sauce	
<b>Pembrokeshire Sirloin 10oz</b> (so,gm)	£27.95
Sautéed Onions, Blistered Cherry Tomatoes, Chips and a Choice of Sauce ( <i>Black Pepper &amp; Brandy or Red Wine Jus</i> )	
<b>Surf &amp; Turf your Steak</b>	£4.95 supplement
5 Seared Tiger Prawns in a White Wine, Chilli and Garlic Sauce (Please allow 30 minutes cooking time for medium-well and well-done steaks)	
<b>Beef Burger</b> (so,gm,g,mu,e,f,su,m)	£15.95
7oz Burger in a Flour Bun with Crispy Bacon, Smoked Cheese, Red Onion Jam, Gherkins, Beef Tomato, Horseradish Mayo, Tabaco Onions, served with Slaw and Fries	
<b>(Vg) Garden Burger</b> (so,gm,su,g)	£14.95
6oz Crumbed Broad Bean & Spinach Burger in a Flour Bun, Tomato Relish, Gherkins, Beef Tomato, Baby Gem, served with Salad and Fries	
<b>Moroccan Lamb Steak</b> (so,gm,su,c,m,mu)	£22.50
Dijon Potato Confit, Minted Greens, Pea Pureé, Jus	
<b>Pie of the Day</b>	£15.95
Please enquire with your server for today's special and allergens. Buttered Champ, Seasonal Vegetables and Gravy	
<b>Traditional Paella</b> (cr,mo,g,gm,su,so,m,c)	£18.95
Smoked Garlic & Paprika Arborio Rice, Chicken, Chorizo, Prawns, Mussels, Calamari, Baby Squid, Focaccia	
<b>Pan Roasted Rainbow Trout</b> (f,mu,su,so,gm)	£17.95
Sweet Potato Scallops, Basil Aioli, Samphire, Capers, Sundried Sauce Vierge	
<b>Oven Baked Salmon</b> (f,g,su,so,gm)	£18.95
On Tagliatelle tossed with Tomato, Capers, Olives, Garlic, Chilli, Parsley	
<b>Fish of the Day</b>	£19.50
Please enquire with your server for today's special, allergens and price. Peas Bon Femme, New Potatoes, Roasted Garlic & Spinach Velouté	
<b>Fish &amp; Chips</b> (f,so,g,su,gm,mu,e)	£15.95
Tartare Sauce, Minted Pea Pureé, Home Cut Chips and Lemon	
<b>(MVg) Cliff Cobb Salad</b> (mu,so,su,c,gm,g,e)	£14.95
Cucumber, Tomato, Red Onion, Boiled Egg, Bacon, Celery, Avocado, Fine Beans, Baby Leaf Garlic Croûte, Mustard & Basil Crema <i>Add Chicken Breast £3.00 supplement</i>	
<b>(Vg) Pasta Puttanesca</b> (g,su,so,gm)	£14.95
Olives, Capers, Garlic, Parsley, Tomato	
<b>(V) Summer Risotto</b> (m,gm,so,su,c)	£14.95
Spinach, Lemon, Ricotta <i>Add Chicken Breast £3.00 supplement</i>	

## To Accompany

<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 Flatbread</b>	£3.50
<b>Roasted New Potatoes</b>	£3.25	<b>Cheesy Garlic Flatbread</b>	£4.25		

<b>(Vg) Peanut Butter Chocolate Tart</b> (n,pn,g,so,gm,su) Praline, Banana Chips, Raspberry Gel	£6.95
<b>(V) Textures of Strawberries</b> (e,su,m) Fresh Strawberries, Candied Strawberries, Strawberry Compôte, Strawberry & Prosecco Sorbet, Strawberry Cream, Chewy Meringue	£7.25
<b>(V) Passionfruit Crème Brûlée</b> (e,g,su,m) Shortbread Snap, Mango Sorbet, Coulis	£6.95
<b>(V) White Chocolate Cookie &amp; Brownie Skillet</b> (e,su,g,m) Marshmallow Fluff, Honeycomb Ice Cream, Chocolate & Caramel Sauce <i>(Please allow 10 minutes baking time)</i>	£7.25
<b>(V) Welsh Cheese Board</b> (m,su,g,so,gm) Selection of Welsh Cheeses with Cracked Pepper & Sea Salt Crackers, Fig & Quince Chutney, Grapes and Apple	£8.50
<b>(V) &amp; (MVg) Assiette of Sorbet</b> (so,gm,su,m) Chocolate Soil, Tuille and Fruits	£6.25

### Little Cliff Guests

<b>Sausage &amp; Mash</b> (g,m,so,gm) served with Peas or Beans	£6.95
<b>Chicken Goujons &amp; Fries</b> (g,so,gm) served with Peas or Beans	£6.95
<b>Fish &amp; Chips</b> (g,so,gm,su,f) served with Peas or Beans	£6.95
<b>Tagliatelle</b> (g) served in a Tomato Passata	£6.95
<b>Margarita Pizza</b> (g,m) Tomato and Stringy Cheese	£6.95

### Little Cliff Guests Desserts

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

### 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>	£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.					
<b>Bin 2.</b>	<b>Syrah, France, La Cour Des Dames</b>	£4.25	£5.50	£7.10	£20.95
A deep red wine with nuances of purple. Aromas of blueberry, blackberries and a key oak finish.					
<b>Bin 3.</b>	<b>Merlot, Chile, Petirrojo Reserva</b>	£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.					
<b>Bin 4.</b>	<b>Rioja Tempranillo, Spain, Solar Viejo</b>	£4.45	£5.95	£7.75	£22.95
Intense ruby red with notable violet flashes. Flavours of strawberry and raspberry.					
<b>Bin 5.</b>	<b>Malbec, Argentina, Acorden Tupungato</b>				£26.95
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>				£33.95
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>				£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
<b>Bin 11.</b>	<b>Viura, Spain, Gran Tesoro</b>	£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.					
<b>Bin 12.</b>	<b>Pinot Grigio, Italy, Principato</b>	£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.					
<b>Bin 14.</b>	<b>Sauvignon Blanc, Chile, Petirrojo</b>	£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.					
<b>Bin 15.</b>	<b>Chardonnay, France, Lodez</b>	£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.					
<b>Bin 16.</b>	<b>Chenin Blanc, South Africa, Boschendal Pavillion</b>				£22.95
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>				£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.					
<b>Bin 18.</b>	<b>Sancerre, France, Langlois Chateau</b>				£34.95
Light yellow in colour with green reflections. Hints of white and citrus fruits.					
<b>Bin 19.</b>	<b>Chablis, France, Er Cru Josselin</b>				£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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<b>Bin 20. White Zinfandel, California, Winston Hill Rosé</b>	£4.35	£5.75	£7.50	£21.95
An easy drinking style of rosé, light and fruity with sweet red berry fruit flavours				

<b>Bin 21. Grenache, France, La Promenade Cote De Provence</b>				£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
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<b>Bin 25. Chio Pinot Spumante Rosé</b>			£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.			

<b>Bin 26. Prosecco, Italy, Contesa Guila DOC</b>		£6.00	£27.95
Hints of apple and peach on the nose, with a light and delicate palate and citrus notes.			

<b>Bin 27. Ayala Brut Majeur, France</b>			£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.			

<b>Bin 28. Bollinger NV, France</b>			£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	£3.15	<b>Gimlet</b> Gin, Lime	£7.00
<b>Vermouth</b> Rosso, Bianco or Extra Dry	£3.05	<b>Limoncello</b>	£3.50
<b>Prosecco</b> Dry, Italian Sparkling Wine	£6.00	<b>Martell VS</b>	£3.95
<b>Negroni</b> Gin, Vermouth & Campari	£7.95	<b>Martell XO</b>	£19.95
<b>Aperol Spritz</b> Aperol, Prosecco and Soda	£7.50	<b>Courvoisier VS</b>	£4.10
		<b>Hennessey XO</b>	£19.95

## Cocktail Menu

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

## Mocktail Menu

All £4.85

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

## Beers, Ales & Ciders - Draught

	ABV %	Pint	Half Pint
Doom Bar	4.0	£4.20	£2.15
Guinness	4.0	£5.10	£2.65
Worthingtons	3.6	£4.35	£2.25
Carling	4.0	£4.35	£2.25
Staropramen	5.2	£5.35	£2.70
Stowford Press	4.6	£4.20	£2.15
Atlantic Pale Ale	4.5	£5.30	£2.70
Peroni Nastro Azzurro	5.1	£5.75	£2.95
Madri	4.6	£5.75	£2.95

## Beers, Ales & Ciders - Bottled

	ABV %	Bottle
Newcastle Brown Ale	4.7	£4.95
Mantle Brewery Welsh Pale Ale Moho	4.3	£5.65
Mantle Brewery Cwrw Teifi Best Bitter	4.5	£5.65
Corona	4.5	£3.95
Coors Light	4.2	£3.85
Rekordelig	4.5	£4.75
Orchard Gold	4.9	£4.75
Black Dragon	6.5	£4.85
Budweiser	5.0	£3.85
Becks Blue	0.0	£3.50

## Liqueurs & Aperitifs

## Soft Drinks

	ABV %	25ml (unless other -wise stated)	Small	Large	Bottle	
Amontillado (50ml)	17.5	£3.05	Coca Cola	£1.95	£2.95	£2.35
Archers	18.0	£2.95	Diet Coca Cola	£1.65	£2.75	£2.20
Aperol	11.0	£2.95	Coke Zero	£1.65	£2.75	£2.20
Baileys (50ml)	17.0	£4.25	Lemonade	£1.95	£2.95	
Campari	25.0	£2.85	Fentimans 275ml Elderflower, Ginger Beer or Rose Lemonade			£3.20
Chambord	16.5	£3.50	Schweppes Tonic / Light Tonic			£1.95
Cointreau	40.0	£3.05	Fever Tree Light Tonic			£1.95
Da Mhile Orange 33	33.0	£3.55	J20			£2.90
Disaronno	28.0	£3.15	Ginger Ale			£1.65
Drambuie	40.0	£3.65	Appletiser			£3.00
Harveys Bristol Cream (50ml)	17.5	£3.05	Red Bull (can)			£3.40
Roc Port (50ml)	19.0	£3.15	Fruit Shoot Apple, Blackcurrant or Orange			£2.30
Jagermeister	35.0	£3.05	Orange Juice			£1.90
Jose Cuervo Tequila	40.0	£3.15	Frobisher Apple Juice			£3.20
La Chica Tequila	38.0	£2.95	Tomato Juice			£1.90
Malibu	21.0	£2.95	Bitter Lemon			£1.70
Martini Bianco/Extra Dry/Rosso(50ml)	15.0	£3.05	Pineapple Juice			£1.90
Midori	20.0	£2.85				
Passoa	17.0	£2.95				
Pernod	40.0	£3.15				
Pimms (50ml)	25.0	£3.55				
Sambuca Black / White	38.0	£3.15				
Tia Maria	20.0	£2.95				

## 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	£3.15
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	£3.65
Appleton Estate	40.0	£3.75

## Vodka

	ABV %	25ml
Five Vodka	40.0	£3.35
Smirnoff Red	37.5	£2.95
Absolut Vodka	40.0	£3.35
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	Tanqueray Gin	43.1	£3.40
Brecon Gin	40.0	£3.35	Hendricks Gin	41.4	£4.10
Beefeater	40.0	£3.40	JJ Whitley Gin	37.5	£3.15
Beefeater Blood Orange	37.5	£3.40	Da Mhile Seaweed	42.0	£4.10
Verano Watermelon	40.0	£3.25	Da Mhile Oak Aged	42.0	£4.10
In the Welsh Wind Premium Gin	43.0	£4.20	Da Mhile Botanical	42.0	£4.10
In the Welsh Wind Palo Cortado	43.0	£4.20	Whitley Neil Rhubarb & Ginger	43.0	£3.65
Gordons Pink	37.5	£3.00	Whitley Neil Raspberry	43.0	£3.65
Gordons	37.5	£2.95			
Gordons - Alcohol free	0.0	£2.95			