



LUNCH MENU

WHILE YOU WAIT

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

SANDWICHES

All served with Salad and Crisps

- Pulled Beef Baguette** (g,so,gm,su,mu,m) £11.50
Avocado, Tomato, Onion, Cilantro
- Chicken & Roasted Red Pepper Wrap** (g,so,gm,su,mu,e) £9.25
Cos Lettuce, Red Onion, Cucumber, Mozzarella, Garlic Mayo in an oven baked Wrap
- (Vg) **Open Vegetable Foccacia** (g,gm,su,so,mu,se) £8.95
Roasted Red Pepper Hummus, Roasted Mediterranean Vegetables, Olives, Rocket, Balsamic

CLASSIC SANDWICHES

All served on Brown or White Bloomer with Salad and Crisps

- Ham & Mustard** (g,mu,e,su,m) £7.95
Cheese & Chutney (g,mu,e,su,m) £7.95
Smoked Salmon & Chive Sour Cream (f,g,mu,e,su,m) £7.95

PIZZA

- (V) **Classic Margherita** (g,m) £9.95
Tomato, Cheese, Basil
- (V) **Spinach di Capri** (g,m,su) £11.95
Goats Cheese, Red Onion, Caramelised Red Onion, Wilted Spinach, Garlic
- American** (g,m) £10.95
Pepperoni, Tomato, Cheese
Add Jalapeño £1.50 supplement
- Pollo de Forza** (g,m,so,gm) £12.25
Chicken, Sweet Peppadew, Red Onion, Cajun Spice, Garlic
- Calabrian** (g,m,so,gm,su) £12.95
Chorizo, Roasted Red Pepper, Peppadew, Hot Nduja Sausage

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, as well as any game dishes may contain shot.

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; (n) Nut; (pn) Peanu; (s) Sesame; (so) Soya; (su) Sulphur

CLM2023(1)





SOMETHING LIGHT

(V) & (MVg) Chef's Soup (so,gm,m,g) **£5.95**

served with Rosemary Focaccia
please enquire with your server for today's special and allergens

(Vg) Carreg Bruschetta (so,gm,g,su,mu) **£6.95**

Marinated Cherry Tomato, Red Onion, Garlic Aioli, Basil, Balsamic Glaze

Smoked Salmon & Langoustine Paté (m,f,cr,g,su,e,mu,s) **£7.95**

Horseradish Gel, Bagel Toast, Beetroot Chutney,
Dill Pickle Cucumber, Shallots

Crab Rarebit (cr,f,g,m,e,mu,su) **£8.25**

Lime Mayo, Salad, Toasted Focaccia, Lemon Oil

(MVg) Antipasti Platter (g,m,s,gm,so,s) **For 1 £10.95**

Toasted Focaccia, Cured Meats, Olives, Fresh Mozzarella, **For 2 £15.95**

Sundried Tomatoes, Peppadews, Pesto, Red Pepper Hummus
add Chili & Garlic Prawns (cr,su,gm,so) **£4.95**

SOMETHING NOT SO LIGHT

Oven Baked Salmon (so,su,f,g,c) **£18.95**

Warm Cajun Couscous, Basque Piperade

Fish & Chips (f,so,g,su,gm,mu) **£15.95**

Beer Battered Cod, Tartare Sauce, Crushed Minted Peas,
Home Cut Chips, Lemon

Chicken Piccata (g,mu,so,gm,su,m) **£17.95**

Capers, White Wine, Roasted Root Vegetables, Duck Fat Potato, Bacon Hash

Chicken Pesto Alfredo (so,su,gm,g,m) **£16.95**

Roasted Red Pepper, Sundried Tomato, Red Onion, Parmesan, Tagliatelle

Carreg Beef Burger (so,gm,g,mu,e,f,su,m,c) **£16.25**

Flour Bun, Bacon, Chili Cheddar, Tex-Mex Pulled Beef, Baby Leaf, Pico de Gallo,
Chive Sour Cream, Salad, Fries

(Vg) 6oz Garden Burger (c,so,su,gm,g,mu,s) **£14.95**

Lentil & Spinach Burger, Flour Bun, Red Pepper Hummus, Baby Leaf, Red Onion,
Garlic Mayo, Salad, Fries

(Vg) Tuscan Orzo (g,so,su,gm) **£14.95**

Cherry Tomato, Onion, Cannellini Beans, Spinach, Basil, Garlic, Lemon,
Toasted Focaccia

add Chicken £3.00 supplement

TO ACCOMPANY

Home Cut Chips (gm,so) **£3.00**

Fries (gm,so) **£3.00**

Garlic Flatbread (g,m) **£3.50**

Cheesy Garlic Flatbread (g,m) **£4.25**

Sautéed Onions (gm,so) **£3.00**

House Salad (gm,so,mu,su) **£3.00**

Roasted New Potatoes (gm,so) **£3.25**

Medley of Vegetables (gm,so,m) **£3.00**

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INDULGE

Cheesecake of the Day (g,m) please enquire with your server for today's special and allergens	£6.50
Sticky Toffee (g,m,e,su) Butterscotch Sauce, Banoffee Ice Cream	£6.50
Warm Chocolate Brownie (g,m,e,su) Vanilla Ice Cream, Chocolate Sauce, Chocolate Soil	£6.50
(MVg) Assiette of Sorbet (so,gm,su,m,g) Chocolate Soil, Berries, Tuille	£6.50
Cream Tea, Traditional Fruit Scone with Jam & Cream (available daily 10 - 5pm) (g,m,e) served with freshly brewed Tea or Coffee	£5.95
Welsh Tea, Traditional Fruit Scone with Jam & Cream, Bara Brith and Welsh Cake (available daily 10 - 5pm) (g,m,e,n) served with freshly brewed Tea or Coffee	£7.95

LITTLE CLIFF GUESTS MAINS

Sausage & Mash (g,m,so,gm) Peas or Beans	£6.95
Chicken Goujons & Fries (g,so,gm) Peas or Beans	£6.95
Fish & Chips (g,so,gm,su,f) Peas or Beans	£6.95
(V) Tagliatelle (g,m) Tomato Passata, Cheese	£6.95
(V) Margherita Pizza (g,m) Tomato, Cheese	£6.95

LITTLE CLIFF GUESTS DESSERTS

Trio of Ice Cream (m) Chocolate, Strawberry or Mint Choc Chip	£3.95
Chocolate Brownie Sundae (g,m,su,e) Vanilla Ice Cream, Chocolate Sauce, Cream, Brownie Chunks, Chocolate Soil	£4.95



WINE LIST

RED	125ml	175ml	250ml	Bottle
<p>200 Coastal Reserve Merlot £4.95 £5.95 £6.95 £21.95 (La Mancha, Spain) Rich plum and blackberry, hints of liquorice, soft tannin structure and a warm vanilla spice on the finish</p>				
<p>201 Boomerang Bay Shiraz £5.25 £6.25 £7.25 £22.95 (South, Australia) A full-bodied red wine with ripe plum and raspberry flavours accompanied by black pepper and aniseed</p>				
<p>202 Acordean Malbec £5.75 £6.75 £7.75 £26.95 (Mendoza, Argentina) Expect plenty of black fruit character with a backbone of mouth-watering natural acidity and structured tannins. Touches of vanilla, spice and chocolate add complexity to the lingering finish</p>				
<p>203 Monologo Rioja Crianza £5.45 £6.45 £7.45 £24.95 (Rioja, Spain) Made with 100% Tempranillo grapes, Monologo Crianza is an approachable oak-aged Rioja with aromas of ripe red fruit, liquorice and vanilla</p>				
<p>204 Flagstone Pinotage £22.95 (Western Cape, South Africa) Red plum and fruitcake flavours. Subtle oak and delicious lingering finish</p>				
<p>205 Clos Du Bois Merlot £30.95 (California, US) This deep ruby red Merlot showcases aromas of dark fruit, mocha and toasted oak. Notes of blackberry, plum, and black cherry with hints of vanilla and baking spice are unveiled on the rich, silky palate</p>				
<p>206 Bouchon Canto Sur £30.95 (Maule Valley, Chile) Made from Carmenere, Carignan and Pais, fermented and then aged in concrete tanks. Brilliant red with violet notes. It presents a complex nose, with red fruits, black pepper and dried herbs. The wine is juicy on the palate with firm tannins with a granular texture. A really interesting must try bottle!</p>				
<p>207 The Crossings Awatere Valley Pinot Noir £33.95 (Marlborough, New Zealand) This expressive Pinot Noir has lifted aromas of black plums and violets. Ripe berry fruit flavours combine with savoury notes on the palate to produce a wine that is light, elegant and approachable</p>				
<p>208 Barolo Contea di Castiglione Nebbiolo £37.95 (Piemonte, Italy) A complex nose of ripe strawberry, dried cherry and cinnamon spice with delicate floral and violet notes. Tannins are firm with plump fruit and a round silky texture, giving a good lengthy finish</p>				
ROSÉ	125ml	175ml	250ml	Bottle
<p>300 Coastal Reserve Pinot Grigio Rosato £4.95 £5.95 £6.95 £21.95 (Pavia, Italy) Juicy red berry flavours, Galia melon and subtle honeysuckle lead to a clean finish with a hint of white pepper</p>				
<p>301 Canyon Road White Zinfandel £5.25 £6.25 £7.25 £22.95 (California, US) This wine is light-bodied with hints of strawberry, cherry and watermelon flavours and a smooth crisp finish</p>				
<p>302 La Promenade Cotes de Provence Rose £27.95 (Languedoc, France) The nose is fresh and fragrant, delicately youthful, and offers classy notes of watermelon, strawberries and flowers</p>				



W H I T E	125ml	175ml	250ml	Bottle
400 Coastal Reserve Pinot Grigio (Veneto, Italy) Light and zesty with flavours of bright citrus, bramley apple and a breezy floral finish	£4.95	£5.95	£6.95	£21.95
401 Coastal Reserve Sauvignon Blanc (South West, France) Complex medium bodied palate with mango, passion fruit. This dry white wine is vibrant and elegant. Typical of sauvignon blanc this wine has a fresh grassy character and punchy tropical fruit flavours. With a long clean finish	£4.95	£5.95	£6.95	£21.95
402 Boomerang Bay Chardonnay (South, Australia) Soft fruit driven flavours of peach, pineapple, melon and citrus with a crisp acidity and lingering finish	£4.95	£5.95	£6.95	£21.95
403 Allan Scott Marlborough Sauvignon Blanc (Marlborough, New Zealand) Fresh, zesty, juicy and full. Strikes a terrific balance between mouth-watering acidity, fresh herbal notes of lemon verbena and thyme, and core flavours of key lime, meyer lemon, pineapple and tangerine				£32.95
404 Flagstone Chenin Blanc (Western Cape, South Africa) Refreshing green apple with an explosion of pineapple and tropical fruit on the palate with a gently creamy finish				£24.95
405 Greyrock Sauvignon Blanc (Marlborough, New Zealand) Classic Marlborough Sauvignon, full of ripe gooseberry and passionfruit, intense tropical fruit and lime flavours, with sweet grassy notes. The rich minerality of the vineyard soils come through the palate to give a rich lingering finish				£26.95
406 Orube Rioja Blanco (Rioja, Spain) Intensely aromatic, with white and tropical fruits dominating, along with some coffee notes from barrel ageing. There are also some more subtle aromas of dried fruits, nuts and aromatic plants				£32.95
407 Jean-Luc Colombo Picpoul Blanc (Languedoc, France) A bright yellow colour with green highlights. The nose is rich and subtle, with fresh notes of white flowers. The palate is nicely rounded and very fresh with good structure and a nice palate of aromas				£33.95
408 Vionta Albariño (Rias Baixas, Spain) Aromas of tropical fruits, green apple, banana and melon. Initially soft on the palate, with a pleasing acidity, which develops into a harmony of fruit dominated by peach				£37.95
409 Langlois Chateau Sancerre (Loire Valley, France) Aromas of lemon, lime and white peach characterise the intense nose. The crisp fruit, mouth-watering acidity and touches of minerality all sit harmoniously on the palate				£34.95
410 Chapelle Royale Chablis (Burgundy, France) This white wine exudes the typical mineral aromas of its region of origin. Layers of white fruit, like pear and melon, and floral wrap the nose. In the mouth, it shows great delicacy and purity, it is smooth, balanced, has vibrant acidity and long persistence				£37.95



WINE LIST

SPARKLING

125ml

Bottle

500 Via Vai Prosecco

£6.00

£27.95

(Veneto, Italy)

A classic, elegant Italian sparkler, pale lemon in colour with aromas of fresh apples and acacia. Fresh and lively with crisp, racy acidity

501 The Boss Prosecco

£34.95

(Veneto, Italy)

A bouquet of citrus, orchard fruit and floral notes, the palate has refreshing acidity and fine bubbles

502 Ayala Rose Majeur

£70.95

(Champagne, France)

The nose displays aromas of strawberries, raspberries and morello cherries together with nuances of spice. Light, fresh and well-balanced palate with flavours of red gooseberry and raspberry lingering on the finish

503 Ayala Brut Majeur

£64.95

(Champagne, France)

The nose unveils expressive notes of citrus, florals and white fruits. The style is one of modernity, exemplified by their grower relationships and the use of stainless steel in the production of their Chardonnay led wines

504 Charles Mignon Rose

£70.95

(Champagne, France)

Intensely complex aromas of red fruit, wild cherry, wild strawberry and raspberry. On the palate there are delicate red berries and structure from the Pinot Noir while the Chardonnay brings freshness and balance

505 Charles Mignon Brut Reserve

£65.95

(Champagne, France)

This is a fruity and easy to enjoy style, with ripe apple and pear fruit before a classic, dry finish. A superb champagne from a small family producer

506 Laurent-Perrier 'La Cuvée' Brut Champagne

£70.00

(Champagne, France)

Pale gold in colour with fine and persistent bubbles. The nose is delicate and fresh, showing good complexity with its hints of citrus and white fruit

507 Laurent-Perrier Cuvée Rosé

£95.00

(Champagne, France)

Elegant, with colour changing naturally from a pretty raspberry hue to salmon pink. A precise nose of extraordinary freshness and a wide range of red fruits: raspberry, redcurrant, strawberry and black cherry. A fresh and sharp attack on this supple and rounded wine

APERITIFS & DIGESTIFS

Sherry

Harvey's Bristol Cream | Amontillado | Fino

£3.15

Vermouth

Rosso | Bianco | Extra Dry

£3.05

Negroni

Gin, Vermouth, Campari

£7.95

Aperol Spritz

Aperol, Prosecco, Soda

£7.50

Gimlet

Gin, Lime

£7.00

Limoncello

£3.50

Martell VS

£3.95

Martell XO

£19.95

Courvoisier VS

£4.10

Hennessey XO

£19.95

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SOFT DRINKS

H O T	Regular	Large	
Americano	£2.85	£3.10	
Cappucino	£3.00	£3.30	
Latte	£3.00	£3.30	
Espresso	£2.60	£3.00	
Mocha	£3.10	£3.60	
Hot Chocolate	£2.95	£3.30	
Deluxe Hot Chocolate	£3.75	£4.30	
<i>Whipped Cream & Marshmallows</i>			
Flat White	£2.95		
Pot of Tea	£2.75pp		
Herbal or Fruit Tea	£2.95		
<i>(Peppermint Mixed Berry Camomile Green Jasmine Green Lemon & Ginger)</i>			
Coffee Floater	£3.25		
Coffee Liqueur	from £5.75		
<i>(Add your choice of liqueur)</i>			
C O L D	Small	Large	Bottle
Coca Cola	£1.95	£2.95	£2.35
Diet Coca Cola	£1.65	£2.75	£2.20
Coke Zero	£1.65	£2.75	£2.20
Lemonade	£1.95	£2.95	
Fentimans 275ml			£3.20
<i>(Elderflower Ginger Beer Rose Lemonade)</i>			
Schweppes			£1.95
<i>(Tonic Light Tonic)</i>			
Fever Tree			£1.95
<i>(Tonic Light Tonic)</i>			
J20			£2.90
Ginger Ale			£1.65
Appletiser			£3.00
Red Bull (Can)			£3.40
Fruit Shoot			£2.30
<i>(Apple Blackcurrant Orange)</i>			
Orange Juice			£1.90
Frobisher Apple Juice			£3.20
Tomato Juice			£1.90
Bitter Lemon			£1.70
Pineapple Juice			£1.90
B A R S N A C K S			
Crisps			£1.00
Sweet Chili Crackers			£1.50
Salted Nuts			£1.50
Wasabi Peas			£1.50





COCKTAILS | MOCKTAILS

COCKTAILS

Cardigan Bay Cooler	£8.85
Brecon Vodka, Lemon Juice, Gomme Syrup, Raspberry Puree, Crème De Cassis, Raspberries, Prosecco	
Mojito	£8.25
Bacardi White Rum, Lime Juice, Gomme Syrup, Mint Leaves, Soda	
Passion Fruit Mojito	£8.85
Bacardi White Rum, Passoa, Passionfruit Puree, Lime Juice, Gomme Syrup, Mint Leaves, Soda	
Carreg Martini	£8.85
Smirnoff Vodka, Passoa, Passionfruit Puree, Vanilla Syrup, with a shot of Prosecco	
Tom Collins	£8.55
Gin, Lemon Juice, Gomme Syrup, Soda	
Espresso Martini	£8.85
Smirnoff Vodka, Tia Maria, Espresso, Gomme Syrup	
Margarita	£8.55
Tequila, Cointreau, Lime Juice	
Amaretto Sour	£8.55
Disaronno, Sour Mix, Gomme Syrup, Cherry Bitters, Egg White	
Rhubarb & Elderflower Gin Sour	£8.55
Hendricks Gin, Elderflower Liqueur, Sour Mix, Rhubarb Syrup, Egg White	
Cosmopolitan	£8.55
Vodka, Cointreau, Cranberry Juice, Lime Juice	
Bramble	£8.55
Gin, Lemon Juice, Gomme Syrup, Cassis	
Old Fashioned	£8.95
Makers Mark Bourbon, Angostura Bitters, Brown Sugar, Soda	

MOCKTAILS

All £4.95

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