



## LUNCH MENU

### WHILE YOU WAIT

- (Vg) Mixed Olives £4.25  
(V) & (MVg) Selection of Breads with Balsamic & Butter (g,m,su) £4.25  
(V) Pickled Cheese & Gherkins (m) £4.25

### CLASSIC SANDWICHES

All served on Brown or White Bloomer with Salad and Crisps

- Ham & Wholegrain Mustard Mayo (g,mu,e,su,m) £8.25  
(V) Cheese & Chutney (g,mu,e,su,m) £8.25  
Smoked Salmon & Dill Cream Cheese (f,g,mu,e,su,m) £8.25

### PIZZA

- (V) Classic Margherita (g,m) £10.25  
Tomato, Basil, Cheese  
(V) Spinach di Capri (g,m,su) £12.25  
Goats Cheese, Red Onion, Caramelised Red Onion, Wilted Spinach, Garlic  
American (g,m) £11.50  
Pepperoni, Tomato, Cheese  
Add Jalapeño £1.50  
Pizza Carbonara (g,m,e) £12.25  
Bechamel, Pancetta, Garlic, Black Pepper, Baked Hen Egg, Parmesan  
Pollo de Forza (g,m,so,gm) £12.95  
Smokey Cajun Chicken, Roquito Peppers, Roasted Red Peppers,  
Parmesan, Parsley

### SOMETHING LIGHT

- (V) & (MVg) Chef's Soup (so,gm,g,c) £5.95  
Baked Mini Loaf and Butter  
please enquire with your server for today's special and allergens  
(V) & (MVg) Roasted Vegetable Tian (so,gm,n,g,su) £7.95  
Cauliflower Rice, Cashew Nut, Salsa Verde  
Cardigan Bay Crab Pâté (cr,so,gm,m,g,su,mu) £8.95  
Toasted Ciabatta, Brioche Crumb, Citrus Crema Drizzle, Caper Berries  
Parma Eggs Benedict (so,gm,e,g,su) £9.25  
Grilled Muffin, Spinach, Poached Egg, Crispy Parma Ham, Hollandaise  
(MV) & (MVg) Antipasti Platter (g,m,su,gm,n) For 1 £11.95  
Toasted Focaccia, Cured Meats, Olives, Fresh Mozzarella, For 2 £15.95  
Sundried Tomato, Peppadews, Pesto and Red Pepper Muhammara Dip  
add Garlic Roasted King Prawns (cr,su,gm,so,m) £4.95  
(V) Baked Camembert for Two (m,g,su,n) £14.95  
Rosemary, Pistachio, Caramelised Red Onion, Crackers, Cornichons,  
Toasted Sourdough, Rocket

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; (MV) Modified Vegetarian; (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) Peanut; (s) Sesame; (so) Soya; (su) Sulphur



## SOMETHING NOT SO LIGHT

<b>Chicken &amp; Prosciutto Tiger Bun</b> (so,gm,e,mu,g,su,m) Mozzarella, Rocket, Gremolata, Capers, Fries	<b>£12.95</b>
<b>(V) &amp; (MVg) Roasted Vegetable Wrap</b> (g,m,so,gm) Peppers, Onions, Aubergine, Courgette, Artichoke with Feta & Baby Gem in an oven baked Tortilla Wrap with Crisps & Salad	<b>£10.95</b>
<b>Steak Caesar Ciabatta</b> (so,gm,mu,e,f,g,m) Cacio e Pepe Mayo, Cos Lettuce, Parmesan, Poached Egg, Anchovies, Fries	<b>£13.50</b>
<b>Welsh 8oz Beef Burger</b> (so,gm,g,f,mu,e,m,n) Bacon, Mexican Cheese, Tomato Relish, Baby Gem, Tobacco Onions, Fries and Salad	<b>£16.95</b>
<b>(V) &amp; (MVg) Chickpea &amp; Quinoa Burger</b> (so,gm,n,su,g,s) Salsa, Baby Gem, Red Onion, Fries and Salad	<b>£15.95</b>
<b>Pan-Roast Salmon</b> (so,gm,f,su,g) Butterbean Tabbouleh, Basque Piperade	<b>£19.25</b>
<b>Fish &amp; Chips</b> (f,so,g,su,gm,mu,e,m) Tartar Sauce, Minted Crushed Peas, Home-Cut Chips & Lemon	<b>£15.95</b>
<b>Chorizo &amp; Seafood Risotto</b> (so,gm,cr,mo,su,g,m) Prawns, Calamari, Baby Squid, Mussels, Tomato & Smoked Paprika Rice, Grilled Focaccia	<b>£18.95</b>
<b>(V) &amp; (MVg) Lemon &amp; Artichoke Tagliatelle</b> (so,gm,g,m,su) Garlic, Parsley, Beurre Noisette, Citrus Crema, Parmesan add Seared Chicken Breast	<b>£14.95</b> <b>£3.50</b>
<b>(Vg) Pan-Fried Gnocchi</b> (so,gm,g,n,su) Cashew Cream, Sundried Tomato Pesto, Mango Salsa, Basil, Lemon	<b>£15.95</b>

## TO ACCOMPANY

<b>Home Cut Chips</b> (gm,so)	<b>£3.00</b>
<b>Fries</b> (gm,so)	<b>£3.00</b>
<b>Garlic Flatbread</b> (g,m)	<b>£3.50</b>
<b>Cheesy Garlic Flatbread</b> (g,m)	<b>£4.25</b>
<b>Sautéed Onions</b> (gm,so)	<b>£3.00</b>
<b>House Salad</b> (gm,so,mu,su)	<b>£3.00</b>
<b>Roasted New Potatoes</b> (gm,so)	<b>£3.25</b>
<b>Medley of Vegetables</b> (gm,so,m)	<b>£3.00</b>
<b>Garlic Roasted King Prawns</b> (cr,su,gm,so,m)	<b>£4.95</b>



## INDULGE

<b>(V) Cheesecake of the Day</b> (g,m) please enquire with your server for today's special and allergens	£6.95
<b>(MVg) Assiette of Sorbet</b> (so,gm,su,m,g) Chocolate Soil, Berries, Tuile	£6.50
<b>(V) Summer Berry Pavlova</b> (e,m,so) Chewy Meringue, Coulis, Mascarpone Cream	£6.95
<b>(V) Warm Chocolate Brownie</b> (g,m,e,su) White Chocolate Chips, Vanilla Ice Cream, Chocolate Soil	£6.95
<b>Cream Tea: Traditional Fruit Scone with Jam &amp; Cream</b> (available daily 10 - 5pm) (g,m,e) served with freshly brewed Tea or Coffee	£5.95
<b>Welsh Tea: Traditional Fruit Scone with Jam &amp; Cream, Bara Brith and Welsh Cake</b> (available daily 10 - 5pm) (g,m,e,n) served with freshly brewed Tea or Coffee	£7.95

## LITTLE CLIFF GUESTS MAINS

<b>Beef Burger</b> (so,gm,g)	£8.25
<b>Chicken Tenders</b> (so,gm,g)	£6.95
<b>Fish Goujons</b> (so,gm,g,f)	£6.95
All of the above are served with either <b>Fries, Chips</b> or <b>Mash and Peas</b> or <b>Beans</b>	
<b>(V) Tomato Pasta</b> (so,gm,g,m) Tomato Passata, Cheese	£6.95
<b>Picking Platter</b> (so,gm,g,m) Ham, Cheese, Chips, Cucumber, Carrot Sticks, Raisins, Bread & Butter	£7.25

## LITTLE CLIFF GUESTS DESSERTS

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