



LUNCH MENU

WHILE YOU WAIT

- (Vg) Pitted Black & Green Olives** £4.25
Marinated with Lemon & Oregano
- (V, MVg) Selection of Breads** (g,m,su) £4.25
with Balsamic Vinegar & Butter
- (V) Pickled Onion Cheese & Gherkins** (m,su) £4.25

SANDWICHES & WRAPS

served on Brown or White Bloomer
with Crisps and Slaw, unless otherwise stated

- Chicken & Pesto Mayo** (g,e,mu,su,m) £8.50
- (V) Cheese & Chutney** (g,mu,e,su,m) £8.50
- Prawn & Marie Rose** (cr,g,e,mu,su,m) £8.50
- (Vg) Open Mediterranean Focaccia** (g,so) £12.95
Toasted Focaccia, Roasted Mediterranean Vegetables, Pesto,
Sundried Tomato, Rocket, Fries

- Chicken & Roasted Red Pepper Wrap** (g,e,m,so,gm,mu,su) £12.95
Cos Lettuce, Red Onion, Cucumber, Mozzarella, Chorizo Mayo
in an oven baked Wrap with Fries and Slaw

PIZZA

- (V, MVg) Classic Margherita** (g,m) £11.95
Tomato, Cheese
- (V, MVg) Spinach di Capri** (g,m,su) £12.50
Red Onion, Spinach, Onion Chutney, Garlic, Goats Cheese
- American** (g,m) £11.95
Pepperoni, Tomato, Cheese - add Jalapeño +£1.50
- Pollo de Forza** (g,m,so,gm) £12.95
Cajun Chicken, Red Onion, Peppadews, Garlic
- Calabrian** (g,m) £13.50
Roasted Red Peppers, Red Chilli, Chorizo, Nduja Sausage,
Chilli Flakes, Buffalo Mozzarella, Rocket, Pesto

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, and game dishes may contain shot.

Allergy Key: (V) Vegetarian; (MV) Modified Vegetarian; (Vg) Vegan; (MVg) Modified Vegan;
(c) Celery; (cr) Crustacean; (e) Egg; (f) Fish; (g) Gluten; (gm) Genetically Modified; (l) Lupin;
(m) Milk; (mu) Mustard; (mo) Mollusc; (n) Nut; (pn) Peanut; (s) Sesame; (so) Soya; (su) Sulphur



SOMETHING LIGHT

(V, MVg) Chef's Soup (so,gm,g,c,m) **£6.95**

Tomato Focaccia Roll and Butter

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

(V) Goats Cheese Frittata (e,n,so,gm,su,m) **£8.25**

Romesco, Minted Onion Chutney, Spinach, Tomato

(Vg) Roasted Vegetable Tian (so,gm,su,g) **£8.25**

Pesto, Balsamic, Rocket

Cardigan Bay Crab Arancini (so,gm,cr,g,c,su,mu,m,e) **£9.25**

Minted Pea & Lemon Salad

(V) Mushrooms on Toast (g,so,gm,m,e) **£9.25**

Grilled Sourdough, Poached Egg, Truffle Oil

(MV, MVg) Antipasti Platter (g,m,su,s,gm) **For 1 £12.50**

Selection of Continental Meats, Cornichons, Olives, **For 2 £16.50**

Sweet Peppadews, Pickled Onion Cheese,

Sweet Ajvar Dip, Pesto, Rocket, Crackers, Toasted Focaccia

-add **Garlic Roasted King Prawns** (cr,su,gm,so,m) **£6.95**

SOMETHING NOT SO LIGHT

Fillet Beef Baguette (g,e,m,so,gm,mu) **£14.95**

on White or Brown Bara Gallega

Chimichurri, Horseradish Cream, Sautéed Onion, Fries, Slaw

Welsh Beef Burger (so,gm,g,f,mu,e,m,su) **£16.95**

7oz Burger, Crispy Bacon, Mexicana Cheese, Tomato Relish, Lettuce,

Red Onion, Dijon Mayo, Slaw, Fries

(Vg) Chickpea & Quinoa Burger (so,gm,su,g,mu) **£15.95**

Roasted Mediterranean Vegetables, Salsa Verde, Baby Gem, Salad, Fries

(V) Wild Mushroom Tagliatelle (so,gm,m,g,e,mu) **£15.95**

Parmesan, Parsley, Garlic, Cream

- add Chicken + **£3.50**

Pan-Roast Salmon (so,gm,f,mu,m,g) **£19.95**

Red Pesto Crumb, Mustard Roasted Baby Potatoes,

Creamed Spinach & Courgette, Cherry Vine Tomatoes

Fish & Chips (f,so,gm,g,su,mu,e,m) **£16.25**

Tartar Sauce, Minted Crushed Peas, Home Cut Chips, Lemon

(MV, MVg) Cliff Cobb Salad (e,mu,g,c,m,su) **£15.95**

Cucumber, Tomato, Red Onion, Boiled Egg, Pancetta Lardons,

Moroccan Couscous, Celery, Avocado, Fine Beans, Garlic Croûtes,

Mustard & Basil Crema

- add Chicken + **£3.50**

(Vg) Pan-Fried Gnocchi (so,gm,n,g) **£16.95**

Cashew Cream, Chimichurri, Heirloom Tomato



TO ACCOMPANY

(Vg) Home Cut Chips (gm,so,g)	£3.75
(Vg) Fries (gm,so)	£3.75
(Vg) Roasted New Potatoes (gm,so)	£3.95
(Vg) House Salad (gm,so,mu,su)	£4.95
(Vg) Sautéed Onions (gm,so)	£3.25
(V, MVg) Sautéed Mushrooms (gm,so,m)	£4.95
(V, MVg) Medley of Vegetables (gm,so,m)	£4.95
Garlic Roasted King Prawns (cr,su,gm,so,m)	£6.95
(V, MVg) Garlic Flatbread (g,m)	£3.95
(V, MVg) Cheesy Garlic Flatbread (g,m)	£4.50

INDULGE

(V, MVg) Cheesecake of the Day (g,m)	£6.95
please enquire with your server for today's special and allergens	
(V) Warm Chocolate Brownie (e,m,so,su)	£6.95
Vanilla Ice Cream, Chocolate Sauce	
(V) Strawberry Pavlova (e,m,so)	£6.95
Italian Meringue, Chantilly Cream, Berries, Coulis, Pomegranate Molasses	
(V, MVg) Assiette of Sorbet (so,gm,su,m,g)	£6.95
Chocolate Soil, Berries, Tuille	

LITTLE CLIFF GUESTS MAINS

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

LITTLE CLIFF GUESTS DESSERTS

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