

Before ordering please speak to our staff if you have a food allergy or intolerance.
Please note our dishes are prepared in areas where allergenic ingredients are present, so we cannot guarantee that our dishes are 100% free of these ingredients.



A La Carte Menu August 2018

Nibbles....

Marinated Olives £3.50 (GF) (V)

Marinated Anchovies £3.50 (GF)

Cockles Marinated in Malt Vinegar £3.25

Marinated Mixed Peppers Stuffed with Feta & Myzithra Cheese £3.50 (G) (V) (D)

To Start....

Porthgain Crab (GF)

White & Brown Meat Served with Concasse Tomatoes & Coriander Oil £8.95

Smoked Haddock Fishcakes

Served with Dill Mayo £6.95

Fresh Scallops

Pan Seared with Salsa Verde, Topped with a Chorizo Crumb £8.95

Goats Cheese Croquettes (V)

Panko Breaded Served with Honey, Rocket & Toasted Almonds £6.50

Mains....

Whole Sea Bream (GF)

Baked & Served Whole 'En Papillote' with Garlic, Lemon & Fresh Herbs served with a Fennel & Apple Salad £17.95

Lemon Sole Meuniere (D)

Pan Fried Fillet Lightly dusted with flour & Served with Butter, Lemon & Parsley £16.50

Hake (GF) (D)

Pan Fried Fillet Served with Pea shoot, Yoghurt, Feta & Mint Salad £17.95

Welsh 8oz Fillet Steak (D)

*Served with Peppercorn Sauce & Beer Battered Onion Rings £24.50**

Chickpea, Sweet Potato & Spinach Curry (GF) (V)

*Aromatic Curried Vegetables Served with Chips & or Rice £10.95**

***All mains Served with Pembrokeshire Chips Which are Home Prepared & Cooked Daily (V)
or 'Tato Newi' – Pembrokeshire New Potatoes (GF) (V) (D) Except****

(GF) Gluten Free (V) Vegetarian (D) Contains Dairy (N) Contains Nuts

We Aim to Use Our Own & Local, Sustainable Catch Where Possible – Subject to Availability & Seasonality