

## House cocktails

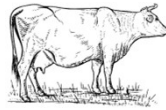


Mêl y môr - £15  
*Sea Dragon Rum, Sea buckthorn, Prosecco*

Ddraig Felys mocktail - £7  
*Red grape, verjus, cranberry*

Bananarac - £15  
*Welsh whiskey, cognac, banana*

Sandy beach - £15  
*Singani 63, pineapple, rosemary, elderflower*



## Pasture

Pembrokeshire steaks  
*Chimichurri, fire-roast sweet pepper*  
 8oz Flat iron - £26  
 8oz Ribeye - £34  
 12oz Ribeye - £42

12oz Welsh gammon steak - £20  
*Pineapple & balsamic salsa, local fried egg*

Gower salt marsh lamb burger - £18  
*Pretzel bun, minted onions & Snowdonia cheese*

Barbeque chicken breast - £18  
*Charred sweetcorn, pickled shimeji & bbq mayonnaise*

Welsh lamb rump - £27  
*Green olive & pea tapenade*

## Sea

Saundersfoot fish of the day - market price  
*Dashi leeks & miso*

Saundersfoot dressed half lobster - £34 Whole - £64  
*Tandoori butter, lime pickle, pitta bread, fennel salad*

Swansea smoked salmon nourish bowl - £18  
*Quinoa, avocado, radish & sea herbs*

Saundersfoot bay lobster roll - £24  
*Brioche roll, lemon & pickled cucumber*

## Land

Warm heritage tomato bruschetta - £16  
*Sourdough, vegan feta*

Pea & mint ravioli - £17  
*Butter emulsion, toasted seeds & Hafod cheese*

Falafel burger - £16  
*Pretzel bun, beet jam & hummus*

BBQ maitake & king oyster mushroom - £16  
*Mushroom ketchup, soy & ginger dressing*

## Sides

*Pick your favorite or share them all.*

Skin on fries - £6

Tenderstem broccoli - £6  
*Spring onion*

Lan y mor Asian slaw - £6  
*Sesame, coriander*

Pembrokeshire new potatoes - £6  
*Thyme & smoked garlic*

Grove garden salad | small - £6 large - £10  
*House dressing*

Peppercorn sauce - £4

Welsh rarebit sauce - £4

## Snacks to share

Angle bay oysters  
*Pomegranate sauce vierge*  
 1x - £6 | 3x - £15 | 6x - £27

Selwyns' Gower frockles - £8  
*Crispy cockles, chili salt & nori mayonnaise*

Nocellara olives - £6

Smoked almonds - £5

Grilled garlic pittas - £8  
*Hummus, Manorbier rapeseed oil*

Wholemeal sourdough - £6  
*Burnt leek butter*

Milk bread rolls - £6  
*Welsh rarebit butter*



## Small plates

Carmarthen bay lobster broth - £8

Monkstone mackerel - £10  
*Fennel, watercress & sour cream*

Carmarthenshire cured meats & pickles - £16

Welsh pork sausage - £10  
*Mustard mayonnaise, crispy onions & honey*

Welsh truffle mac & cheese - £16  
*Macaroni, Black bomber, crispy ham*

Snowdonia cheese cromesquis - £10  
*Carmarthenshire ham & tomato fondue*

