Snacks to share

Atlantic Edge oysters 1x - £6 | 3x - £15 | 6x - £28
Pomegranate mignonette

Carmarthenshire antipasti Small £15 | Large £24
Bakers pig cured meats & pickles

Crispy whitebait £7
Horseradish & wholegrain mustard mayonnaise

Selwyns' Gower 'frockels' £7
Crispy cockles from Gower, served with chili salt & nori mayonnaise

Nocellara olives £6
Large green olives

Roasted spiced nuts £6
Cashew, peanut, almond, Chinese five spice & maple

Roast garlic pitas £8
Charred pitas, hummus, aubergine & tomato chutney

Rosemary focaccia roll £6
Tomato and balsamic jam , Pembrokeshire rapeseed oil

Small plates

Corn ribs £9
Sweetcorn, hoisin & spring onion

Welsh rarebit £12
Tenby Brewing Co. ale, leek, ham hock, Welsh cheddar

Thai noodle soup £10
Spiced Thai broth, noodles, vegetables, coconut

Hot honey chicken Bao bun £12
Asian salad, coriander & sesame

Seared Cornish bluefin tuna loin £15
Fennel salad, orange, yoghurt, yuzu

Lan y Môr Caesar salad £12
Cos lettuce, Parmesan, Carmarthenshire ham

Buffalo mozzarella £12
Chorizo jam, gremolata, leaves & croutons

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Pasture

Gower Salt Marsh Lamb burger £17
Double patty, house sauce, minted onions & Snowdonia cheddar

Char sui pork belly £22
Stir fried cabbage, pickled daikon & carrot salad

Welsh lamb rump £25
Charred gem lettuce, anchovy & lemon dressing

Birria braised ox cheek £24
Chilli con carne flavours, Pembrokeshire chili, coriander & sour cream.

Pembrokeshire steaks
Fire roasted pepper, rocket salad, chimichurri

- 8oz Flat iron £27
- 6oz Fillet £30
- 12oz Ribeye £45

Pasture extras

- **Half Saundersfoot lobster, garlic butter** £30
- **Cajun blackened prawn skewer** £10
- **Ethical goose liver, sherry vinegar & honey glaze** £12
- **Two grilled local oysters, Worcester sauce** £10
- **Peppercorn sauce** £5

Sea

Bluefin tuna burger £20
House sauce, Asian slaw, cucumber salad

Neils' lobster – cwch "Evan George" M4 Half £34 | Whole £66
Tandoori butter, lime pickle mayonnaise & pitas

Fish of the day Market price
Raw courgette, green tomato, coriander salad, jalapeño dressing

Land

Teriyaki oyster mushroom Bao buns £18
Asian salad, coriander & sesame

Red lentil & carrot burger £18
Sourdough bun, hummus, aubergine & tomato chutney.

Barbequed tofu £16
Char sui glaze, fennel salad, orange & yuzu

Spinach & ricotta tortellini £18
Tomato velouté, parmesan

V | VG | GF | DF

We offer gluten-free, dairy-free, vegetarian, and vegan alternatives for most dishes.
Please notify a member of staff if you have specific dietary requirements.

Sides

Skin on fries £6
Salted, skin on

Parmesan & truffle fries £8
Parmesan, truffle, chive

Roast baby potatoes £7
Garlic & thyme butter

BBQ hispi cabbage £7
Miso butter sauce

Harissa roast carrots £7
Garlic & herb yoghurt

Mixed greens £7
Lemon & hazelnut dressing

Grove garden salad Small – £7 | Large - £10
House dressing

Smashed cucumber salad £6
Grove cucumbers, soy, chilli, ginger, sesame

Lan y Môr feasts

For two £100
Frockles, whitebait, Olives

Half lobster, Corn ribs, Flat iron, Fries & Two sides of your choice

For four £175
Large antipasti, Whitebait, Frockels, Olives, Garlic pittas

Half lobster, Caesar salad, Flat iron, Tortellini, Corn ribs, Parmesan & truffle fries, Baby potatoes & Two sides of your choice

Cocktails

Lan y Môr Caipirinha £14
Cachaça, lime, chili salt

Helen's Eden £14
Da Mhile apple brandy, rum, crème de mure

Sandy Beach £14
Singani 63, pineapple, rosemary

Wine

Sparkling	125ml		Bottle
Cava brut, Valdeorite, Spain	£8		£40
Rose Prosecco, Saccheto, Veneto, Italy	£10		£50
Velfrey Brut, Pembrokeshire, Wales	£18		£95
Brut Reserve, Duval Leroy, Champagne	£19		£99

White	125ml	175ml	Carafe 375ml
Vermentino, Chevanceu, South France	£6	£8	£15
Macabeu, Dom Ici, Dom Brial, France	£9	£12	£20
Domaine de St Cosme, Principaute d'Orange, France	£9	£12	£23
Sauvignon Blanc, Saint Clair, New Zealand	£12	£16	£28
Naturiol, Velfrey, Pemborkeshire, Wales	£13	£17	£33
Albarino, Legar de Cervera, Spain	£14	£18	£35
Viognier, The Age of Grace, Lismore, South Africa	£16	£24	£45

Rosé	125ml	175ml	Carafe 375ml
Soupir Rose, Chateau Oumsiyat, Lebanon	£8	£11	£22

Red	125ml	175ml	Carafe 375ml
Garnacha, Dama d Roca, Carinena, Spain	£6	£8	£15
Rioja, Mayela, Bodegas Bideona, Spain	£9	£13	£24
Cabernet Sauvignon/ Merlot, Buzet "Sans", France	£10	£14	£25
Valpolicella, Rio Albo, CaRugate, Italy	£10	£14	£27
Malbec, Premium, Piatelli Vineyards, Argentina	£12	£16	£33
Magna Cum Laude, Castello Banfi, Barolo, Italy	£16	£20	£40

Gin

Golden Road Gin £6
Pembrokeshire

Pembrokeshire Pinky Gin £6
Ceredigion

Aber Falls, Rhubarb & Ginger Gin £6
Gwynedd

In The Welsh Wind, Premium Dry £7
Ceredigion

Vodka

Brecon Five Vodka £5
Brecon

In the Welsh Wind Vodka £6
Ceredigion

Dancing Puffin £7
Arid Hill, Scotland

Rum

Eccentric Black Batch Spiced Rum £5
Cardigan, Wales

Sea Dragon White Rum £5
Carmarthen, Wales

Barti Spiced Rum £6
Pembrokeshire, Wales

Tequila & Mezcal

Don Levi, Tequila Blanco £6
Made in Mexico, Welsh owned, Sevillian Heritage

Monte Alban, Mezcal £6
Mexico

Mixers

Fever Tree 200ml £4.50
Indian Tonic - Light Tonic - Mediterranean Tonic - Elder flower Tonic - Soda Water – Ginger beer - Lemonade

Spirits are served in 25ml measures as standard, in line with licensing regulations.

Beer

Wrexham Export Lager , 330ml £6
Wrexham, Wales, UK

Beach Lager, Helles Lager, 440ml £7
Tenby, Wales, UK

Yeah Mango, IPA, 440ml £7
Tenby, Wales, UK

Chasing The Sun, Hazy Pale Ale, 440ml £7
Tenby, Wales, UK

Cider

Gwynt y ddraig Mango Cider £7
Pembrokeshire, Wales, UK

Cromwell 1648 Dry Cider, Dry Cider, 500ml £7
Pembrokeshire, Wales, UK

Low-alcohol

Drop Bear New World Lager £5
Swansea, Wales, 330ml, 0.5%

Drop Bear Tropical IPA £5
Swansea, Wales, 330ml, 0.5%

Stillers Celtic Myst Non-alcoholic gin £5
Monmouth, Wales, 0%
Herbal blend of juniper with citrus and rosemary

Soft drinks

Coca Cola Original 330ml £4.50

Diet Coke 330ml £4.50

Juices 250ml £4.50
Orange - Apple - Cranberry - Pineapple

Mocktails

Tranquilli-tea £7
Earl grey, orgeat, rose

Coppet Cooler £7
Apple, mint, lime, cucumber

Môr sun £7
Pineapple, apple, ginger ale

To celebrate the team who made your experience special, a 10% discretionary service charge is added.
It's entirely optional and always appreciated