

Snacks to share

Atlantic Edge oysters	1x - £6 3x - £15 6x - £28
<i>Orange & malt vinegar mignonette</i>	
Carmarthenshire antipasti	Small £15 Large £24
<i>Bakers pig cured meats, pickles</i>	
Crispy whitebait	£7
<i>Horseradish & wholegrain mustard mayonnaise</i>	
Selwyns' Gower 'frockles'	£7
<i>Crispy cockles from Gower, served with chili salt & nori mayonnaise</i>	
Nocellara olives	£6
<i>Large green olives</i>	
Roasted spiced nuts	£6
<i>Cashew, peanut, almond, Chinese five spice & maple</i>	
Roast garlic pitas	£8
<i>Charred pitas, hummus, aubergine & tomato chutney</i>	
Rosemary focaccia roll	£6
<i>Cream cheese, walnuts, cranberry & herbs</i>	

Small plates

Corn ribs	£9
<i>Sweetcorn, hoisin & spring onion</i>	
Welsh rarebit	£12
<i>Tenby Brewing Co. ale, leek, ham hock, Welsh cheddar</i>	
Lan y Mor cawl	£10
<i>Chunky vegetable broth, braised Welsh lamb</i>	
Hot honey chicken Bao bun	£12
<i>Asian salad, coriander, sesame</i>	
Catch of the day	Market price
Roast vegetable dahl	£12
<i>Spiced lentils, squash, carrots</i>	

Pasture

Gower Salt Marsh Lamb burger	£17
<i>Double patty, house sauce, minted onions, Snowdonia cheddar</i>	
Welsh braised lamb shoulder	£25
<i>Spiced pumpkin, seeds, sultanas, red wine sauce</i>	
Slow cooked beef shin	£24
<i>Herby dumplings, watercress & greens</i>	
Pembrokeshire steaks	
<i>Field mushroom, tomato, rocket salad, Welsh whiskey & wholegrain mustard butter</i>	
8oz Flat iron	£27
6oz Fillet	£30
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

Saundersfoot seabass	£26
<i>Leeks, miso, tenderstem broccoli, cockles</i>	
Neils' lobster – cwch “Evan George” M4	Half £34 Whole £66
<i>Tandoori butter, lime pickle mayonnaise, pittas</i>	
Skate wing Véronique	£26
<i>White wine, grape & tarragon sauce</i>	

Land

Teriyaki oyster mushroom Bao buns	£18
<i>Asian salad, coriander, sesame</i>	
Red lentil & carrot burger	£18
<i>Sourdough bun, hummus, aubergine & tomato chutney.</i>	
Spinach & ricotta tortellini	£18
<i>Tomato velouté, parmesan</i>	

Sides

Skin on fries	£6
<i>Salted, skin on</i>	
Parmesan & truffle fries	£8
<i>Parmesan, truffle, chive</i>	
Roast baby potatoes	£7
<i>Garlic & thyme butter</i>	
Sticky red cabbage	£7
<i>Apple, star anise, stuffing crumb</i>	
Roast carrots & parsnips	£7
<i>Hot honey, peeling crisps</i>	
Mixed greens	£7
<i>Lemon & hazelnut dressing</i>	
Grove garden salad	Small – £7 Large - £10
<i>House dressing</i>	

Lan y Môr feasts

For two £100

Frockles, whitebait, Olives

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

For four £175

Large antipasti, Whitebait, Frockles, Olives, Garlic pittas

Half lobster, Vegetable dahl, Flat iron, Tortellini, Corn ribs, & Four sides of your choice

Wine

Sparkling	125ml		
Cava brut, Valdeorite, Spain	£8		
Rose Prosecco, Saccheto, Veneto, Italy	£10		
Velfrey Brut, Pembrokeshire, Wales	£18		
Brut Reserve, Duval Leroy, Champagne	£19		
White	125ml	175ml	Carafe 375ml
Vermentino, Cheavanceu, 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
Solaris, 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
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	
Barti Spiced Rum	£6
Pembrokeshire, Wales	

Mixers

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

Cocktails

Whiskey cherry sour	£14
Whiskey, maraschino cherry, pineapple	
Helen’s Eden	£14
Da Mhile apple brandy, rum, crème de mure	
Pembrokeshire spritz	£18
Velfrey brut, italicus, dark rum	



Beer

Liberty Lager , 330ml	£6
Llandeilo, 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 Warmer	£7
Apple, blackcurrant, lemon	
Môr sun	£7
Pineapple, apple, ginger beer	

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

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