

Snacks to share



- Atlantic Edge oysters** 1x - £6 | 3x - £15 | 6x - £28
Orange & malt vinegar mignonette
- Carmarthenshire antipasti** Small £15 | Large £24
Bakers pig cured meats, pickles
- Crispy whitebait** £8
Marie rose dip
- Selwyns' Gower 'frockles'** £7
Crispy cockles from Gower, served with chili salt & nori mayonnaise
- Nocellara olives** £6
Large green olives
- Roasted spiced nuts** £6
Cashew, peanut, almond, pistachios, Chinese five spice & maple
- Roast garlic pitas** £8
Charred pitas, hummus, aubergine & tomato chutney
- Rosemary focaccia roll** £6
Stuffing butter

Small plates



- Cod wings** £15
Buffalo sauce
- Welsh rarebit** £13
Tenby Brewing Co. ale, leek, ham hock, Welsh cheddar
- Lamb cawl** £12
Rarebit crumpet
- Tempura king prawn bao bun** £14
Hot honey & sesame
- Soy glazed lamb ribs** £13
Roasted artichoke puree, hen of the woods mushroom
- Venison ragu croquette** £14
Venison, spaghetti, parmesan
- Cajun king prawns** £15
Roast peppers, tomato fondue, toast

Sample Menu

Pasture



- Gower Salt Marsh Lamb burger** £17
Double patty, house sauce, minted onions, Snowdonia cheddar
- Welsh lamb rump** £26
Ratatouille, wild garlic
- Braised beef shin birria** £24
Pembrokeshire chili, sour cream, tortilla chips
- BBQ glazed chicken** £24
Sweetcorn fritter, avocado, tomato salsa
- Pembrokeshire steaks**
Fire roasted red pepper, chimichurri & rocket salad
- 8oz Flat iron £27
6oz Fillet £30
- Pasture extras**
Two grilled local oysters, Worcester sauce £10
Cajun blackened prawns £10
Peppercorn sauce £5

Sea



- Sea bream** £26
Leeks, miso & Jerusalem artichoke
- Plat y môr** £40
Fish of the day, prawns, smoked salmon, cod wings, crusty bread, Marie rose dip
- Black cod** £26
Butter, capers, cockles

Land



- Teriyaki oyster mushroom bao buns** £19
Asian salad, coriander, sesame
- Red lentil & carrot burger** £19
Sourdough bun, hummus, aubergine & tomato chutney.
- Spinach & ricotta tortellini** £19
Tomato velouté, parmesan

Sides



- Skin on fries** £6
Salted, skin on
- Parmesan & truffle fries** £8
Parmesan, truffle, chive
- Roast baby potatoes** £7
Garlic & thyme butter
- Roasted Padron peppers** £7
Goats cheese
- Roast carrots & parsnips** £7
Hot honey, peeling crisps
- Tenderstem broccoli & greens** £7
Parmesan & lemon vinaigrette
- Grove garden salad** Small - £7 | Large - £10
House dressing
- Corn ribs** £9
Sweetcorn, hoisin & spring onion

Lan y Môr feasts

For two £100

Frockles, whitebait, Olives

Seafood platter, Corn ribs, Flat iron & Three sides of your choice

28oz Tomahawk steak for two £100
Fire roasted red peppers, chimichurri, rocket salad, peppercorn sauce & two sides of your choice

*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.*

V | VG | GF | DF



@lan_y_mor



/lanmorsaundersfoot



www.lanmorsaundersfoot.co.uk

Wine

Sparkling 125ml

<i>Cava brut, Valdeorite, Spain</i>	£8
<i>Rose Prosecco, Sacchetto, Veneto, Italy</i>	£10
<i>Velfrey Brut, Pembrokeshire, Wales</i>	£16
<i>Brut Reserve, Duval Leroy, Champagne</i>	£19

White 125ml 175ml Carafe 375ml

<i>Viura, El Campeon, Cariñena, Spain</i>	£7	£9	£17
<i>Macabeu, Dom Ici, Dom Brial, France</i>	£8	£11	£20
<i>Sauvignon Blanc, Saint Clair, New Zealand</i>	£9	£12	£26
<i>Solaris, Velfrey, Pembrokeshire, Wales</i>	£13	£17	£33
<i>Albarino, Legar de Cervera, Spain</i>	£14	£18	£35
<i>Viognier, The Age of Grace, Lismore, South Africa</i>	£16	£24	£45

Rosé 125ml 175ml Carafe 375ml

<i>Soupir Rose, Chateau Oumsiyat, Lebanon</i>	£9	£12	£22
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Red 125ml 175ml Carafe 375ml

<i>Monastrell, El Moreno, Campules – Vino Tinto, Murcia, Spain</i>	£7	£9	£17
<i>Rioja, Mayela, Bodegas Bideona, Spain</i>	£9	£13	£24
<i>Cabernet Sauvignon/ Merlot, Buzet “Sans”, France</i>	£10	£14	£25
<i>Valpolicella, Rio Albo, CaRugate, Italy</i>	£10	£14	£27
<i>Malbec, Premium, Piatelli Vineyards, Argentina</i>	£12	£16	£33
<i>Magna Cum Laude, Castello Banfi, Barolo, Italy</i>	£16	£20	£40

Cocktails



Spicy margarita £12
Tequila, tabasco, lime

Pembrokeshire spritz £16
Italicus, peach, Wreckers rum, Velfrey Brut

Spiced marmalade £12
Spiced rum, lime, marmalade & honey syrup

Mocktails

Ddraig £7
Dragonfruit, papaya, rhubarb

Spicy carrot £7
Carrot, ginger beer, tabasco

Blush bubbles £7
Strawberry, apple, lime

Gin

Golden Road Gin £6
Pembrokeshire, Wales

Aber Falls, Rhubarb & Ginger Gin £6
Gwynedd, Wales

In The Welsh Wind, Premium Dry £6
Ceredigion, Wales

Ask us about our guest gin of the week

Vodka

Brecon Five Vodka £5
Brecon, Wales

In the Welsh Wind Vodka £6
Ceredigion, Wales

Dancing Puffin £7
Arid Hill, Scotland

Rum

Eccentric Black Batch Spiced Rum £5
Cardigan, Wales

Barti Spiced Rum £6
Pembrokeshire, Wales

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

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

Mor Du, Welsh stout, 440ml £7
Tenby, Wales, UK

Cider

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

Redhog, Medium Dry Cider, 500ml £7
Llandeilo, Wales, UK

Low-alcohol

Drop Bear, Swansea, 330ml, 0.5% £5
Lager / Bonfire stout / Tropical IPA

GWYR Gower Sero £5
Port Eynon, Wales, 0%
Gower gin company non-alcoholic spirit with notes of juniper, citrus and a hint of ginger

Soft drinks

Coca Cola Original 330ml £4.50

Diet Coke 330ml £4.50

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

Mixers

Fever Tree 200ml £4.50

Indian Tonic - Light Tonic - Mediterranean Tonic - Elderflower Tonic - Soda Water - Ginger beer - Lemonade

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