

## Snacks to share



- Carmarthenshire antipasti** Small £15 | Large £24  
*Bakers pig cured meats, pickles*
- Crispy whitebait** £7  
*Marie rose dip*
- Selwyns' Gower 'frockels'**  
*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



- Soy glazed lamb ribs** £13  
*Roasted artichoke puree, Hen of the woods mushroom*
- 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*
- Corn ribs** £9  
*Sweetcorn, hoisin & spring onion*
- Venison ragu croquette** £14  
*Venison, spaghetti, parmesan*
- Cod wings** £15  
*Buffalo sauce*
- 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*
- Pembrokeshire steaks**  
*Fire roasted red pepper, chimichurri & rocket salad*
- 8oz Flat iron £27  
6oz Fillet £30
- Pasture extras**
- 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*

*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

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## 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*

## Sunday Roast £28

*Served with roast potatoes, rarebit cauliflower cheese, greens, gravy & Yorkshire pudding*

Roast Pembrokeshire beef

Roast pork shoulder

Braised lamb shoulder

*Trio of meat - £4 supplement*

Roast chicken breast & stuffing

Lentil wellington, peppercorn sauce

## Roast sharers for two

*Served with double the garnish of roast potatoes, rarebit cauliflower cheese, greens, gravy & Yorkshire pudding*

28oz Welsh Côte de boeuf £100

## 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** £6  
*Dragonfruit, papaya, rhubarb*

**Spicy carrot** £6  
*Carrot, ginger beer, tabasco*

**Blush bubbles** £6  
*Strawberry, apple, lime*

## Gin

**Golden Road Gin** £6  
*Pembrokeshire, Wales*

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

**In The Welsh Wind, Premium Dry** £7  
*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*