

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 '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, pistachios, Chinese five spice & maple
- Roast garlic pitas** £8
Charred pitas, hummus, aubergine & tomato chutney
- Rosemary focaccia roll** £6
Herb infused Pembrokeshire rapeseed oil & balsamic

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
- Pork belly bao bun** £14
Sweet & sour, Asian salad
- Cod wings** £15
Buffalo sauce, pickled red onion
- Cajun king prawns** £15
Roast peppers, tomato fondue, toast
- Corn ribs** £9
Sweetcorn, hoisin, spring onion
- Grilled wye valley asparagus** £12
Smoked paprika & lemon aioli, parmesan

Pasture



- Tandoori chicken thigh burger** £17
Smashed poppadom, lime pickle mayo
- 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



- Skate Wing** £26
Leeks, miso, butter bean
- Plat y môr** £40
Fish of the day, prawns, smoked salmon, fried cod wings, crusty bread, Marie rose dip
- Black cod** £26
Butter, capers, cockles
- Saundersfoot port lobster** Half £36 | Whole £66
Tandoori butter, lime pickle mayonnaise & pitas

Land



- Pulled BBQ Jackfruit 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, rocket

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

Sides



- Skin on fries** £6
Salted, skin on
- Parmesan & truffle fries** £8
Parmesan, truffle, chive
- Roast Pembrokeshire baby potatoes** £7
Garlic & thyme butter
- Roasted Padron peppers** £7
Goats cheese
- Sumac roasted carrots** £7
Lime & cumin yoghurt
- Tenderstem broccoli & greens** £7
Parmesan & lemon vinaigrette
- Grove garden salad** Small - £7 | Large - £10
House dressing
- Greek style Salad** £9
Black olives, feta cheese, red onion, peppers

To share

Feast £100
Frockles, whitebait, Spiced nuts
Seafood platter, Corn ribs, Flat iron & Two sides of your choice

The Tomahawk £120
Olives, Focaccia
28oz Rib-eye steak, fire roasted red peppers, chimichurri, rocket salad, peppercorn sauce & Two sides of your choice

Wine

Sparkling

	125ml
<i>Cava brut, Valdeorite, Spain</i>	£8
<i>Rose Prosecco, Saccheto, 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>Grenache Gris, Les Sardine's, France</i>	£8	£11	£20
<i>Sauvignon Blanc, Saint Clair, NZ</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, SA</i>	£16	£24	£45

Rosé

	125ml	175ml	Carafe 375ml
<i>Soupir Rose, Chateau Oumsiyat, Lebanon</i>	£9	£12	£22
<i>Cuvee Marie Christine, Chateau L'Aumerade, France</i>	£11	£14	£34

Red

	125ml	175ml	Carafe 375ml
<i>Monastrell, El Moreno, 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, Pyros, Valle de Pedernal, Argentina</i>	£12	£16	£33
<i>Magna Cum Laude, Castello Banfi, Barolo, Italy</i>	£16	£20	£40

Cocktails



Pembrokeshire Spritz £16
Sparkling, Crisp, Elegant
Italicus, peach, dark rum, Velfrey brut

Garden Cosmo £12
Refreshing, Juicy, Smooth
Grove garden apple vodka, cranberry, lime, mint

Mocktails

Blush bubbles £7
Sweet, vibrant, sparkling
Strawberry, lime, apple

Mor Sun £7
Tropical, juicy, crisp
Apple, Pineapple, Ginger beer

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

Benjamin Hall £5
Vale of Glamorgan, 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

Wrexham 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

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

Orchard Gold Cider, Gwynt y ddraig £7
Pembrokeshire, Wales, UK

Low-alcohol

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

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

Mixers

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

Soft drinks

Coca Cola Original 330ml £4.50

Diet Coke 330ml £4.50

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

Elderflower sparkling £4.50

Pure Ionic Water £4.00
Still/ Sparkling
All profits earned from our bottled water are given to Ty Hafan Children's Hospice.

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

