

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 £7
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

Corn ribs £9
Sweetcorn, hoisin, spring onion

Cod wings £15
Buffalo sauce, pickled red onion

Cajun king prawns £15
Roast peppers, tomato fondue, toast

Greek style Salad £9
Black olives, feta cheese, red onion, peppers

Pasture



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

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
Two grilled local oysters, Worcester sauce £10

Sea



Saundersfoot port lobster Half £36 | Whole £66
Tandoori butter, lime pickle mayonnaise & pitas

Seabass £26
Leeks, miso & butter bean

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



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



@lan_y_mor



/lanmorsaundersfoot



www.lanmoresaundersfoot.co.uk

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

Sunday Roast £28

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

Roast Pembrokeshire beef

Roast pork shoulder

Braised Welsh lamb

Trio of meat - £4 supplement

Roast chicken breast & stuffing

Lentil wellington, peppercorn sauce

The Roast Tomahawk for two £120

Olives, Focaccia

28oz Welsh Côte de boeuf

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

Wine

Sparkling

<i>Cava brut, Valdeorite, Spain</i>	£8	125ml
<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, Wreckers 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.

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

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

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% 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.



ty hafan