

## 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*

## Sample Menu

### Pasture



**Tandoori chicken thigh burger** £20  
*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*

**Skate wing** £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** £28  
*Butter, capers, cockles*

### Land



**Pulled BBQ Jackfruit bao buns** £20  
*Asian salad, coriander, sesame*

**Red lentil & carrot burger** £20  
*Sourdough bun, hummus, aubergine & tomato chutney.*

**Spinach & ricotta tortellini** £20  
*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



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## 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.*

