

Desserts

Chocolate and cherry cake <i>Clotted cream ice cream & cherry brandy</i>	£12
Peanut Butter Parfait <i>Banana, miso, lime caramel</i>	£12
Lan y Môr affogato <i>Pistachio ice cream, espresso & almond biscotti</i>	£10 + £6 with liqueur
Lemon tart <i>Meringue, raspberry sorbet</i>	£12
Vanilla crème brûlée <i>Strawberry compote, ginger biscuit</i>	£12
Pineapple tarte tatin <i>Lime, coconut sorbet</i>	£12
Scoop of ice cream <i>Chocolate/ vanilla/ pistachio</i>	£3
Tregroes waffle <i>Served with cinnamon sugar</i>	£2
Welsh cake <i>Served with cinnamon sugar</i>	£3

Liqueurs

<i>Celteg, blackberry</i>	£7
<i>Disaronno Amaretto</i>	£6
<i>Teichenne Vanilla</i>	£6
<i>Giffard Poire Pear</i>	£6
<i>Barti cream</i>	£6
<i>Limoncello</i>	£6
<i>Cointreau</i>	£7

Welsh Cheeses

Served with truffle honey, beetroot chutney and biscuits

Three Cheeses £14

Five Cheeses £18

Pant-Ys-Gawn

*Fresh, creamy goats' cheese. Tastes deliciously salty and lemony
soft / pasteurized / vegetarian*

Perl Wen

*Perl Wen (the Welsh for 'White Pearl'), is a cross between a
traditional Brie and a Caerffili. Soft centre, fresh citrus flavour with
a hint of sea salt.
soft / pasteurised / vegetarian*

Hafod

*Hafod is a Cheddar style cheese made by hand.. Sharp but subtle, a rich
texture and a complex and earthy flavour.
hard / pasteurised / non-vegetarian*

Caerphilly

*A matured Caerphilly with unique depth of flavour. Has a firm, lemony,
lactic core and a creamy, more savoury layer just beneath the rind.
hard / pasteurised / non-vegetarian*

Perl Las

*Perl Las, ('Blue Pearl' in Welsh), is a superb organic blue cheese. Golden,
veiny cheese, delicately salty and creamy with a lingering blue aftertaste.
semi-soft / pasteurised / vegetarian*

Golden Cenarth

*Golden Cenarth is an organic rind-washed soft cheese from Caws
Cenarth. Washed with cider, which helps to give it a pungent, savoury
flavour, with nutty overtones, and a springy but smooth texture.
semi-soft / pasteurised / vegetarian*

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

Sweet & fortified wines

2017 Late Harvest Sauvignon Blanc <i>Echeverria, Chile</i>	£7
Welsh Elderport <i>Ceredigion, Wales</i>	£9
2021 Essensia, Orange Muscat, Quady <i>California, USA</i>	£8
2021 Elysium, Black Muscat, Quady <i>California, USA</i>	£8
2005 Colheita Port, Barros <i>Porto, Portugal</i>	£10
Nectar- Dulce, Gonzalez Byass <i>Pedro Ximenez sherry, Spain</i>	£7

Sample Menu

**Our menu represents the best
Pembrokeshire and South
Wales has to offer.**

**To showcase everything, we
are constantly changing our
menu. Therefore, some of the
plates on this menu will be
different to our present one.**

**Kind regards,
The Lan y Mor team**

After-dinner cocktail

Espresso Martini £14
Vodka, coffee liqueur, Gower coffee

The Whoops £12
Coconut rum, coffee liqueur, gingerbread

Scotch whisky

Port Charlotte 10 YO, Single Malt, Islay £9

Laphroaig 10 YO, Single Malt, Islay £11

Aberlour A' bunadh, Single Malt, Speyside £18

Glenfiddich 18 YO, Single malt, Speyside £20

Welsh whisky

Aber Falls, Single Malt £6

Penderyn Peated £7

Penderyn Sherrywood £8

Penderyn Portwood £11

American whisky

Charlie Parry's 3-Year-Old Bourbon £6

Jim Beam Pre-Prohibition Rye Whisky £7

Welsh Coffee co.

The Aur/Gold blend from The Welsh Coffee Co. is a medium bodied coffee made using a blend of the highest quality 100% Arabica beans, from Central and South America. This delicious well-balanced coffee has a satisfyingly smooth aftertaste and is suitable anytime of the day or night.

Espresso £3.50

Double Espresso £4.50

Americano £4.50

Latte £5.00

Flat White £5.00

Cappuccino £5.00

Macchiato £3.60

Double Macchiato £4.60

Cortado £3.60

Hot Chocolate

Classic £5.00

Extras

Cream £0.50

Liqueur of your choice £6.00

Syrup £0.50

Caramel / Gingerbread / Pumpkin spice

Trumpers Tea

Family run company based in Hereford. Ethically sourced loose-leaf blends. Focused on quality, flavour and a true "bush to cup" approach to tea.

English Breakfast £4.50

Earl Grey £4.50

Green Tea £4.50

Jasmine Silver Needle £4.50

Decaffeinated Rwanda £4.50

Chamomile £4.50

Rooibos £4.50

Whole Leaf Peppermint £4.50

Diolch / Thank you for dining with us here at Lan y Môr. We're proud to bring you a dining experience that celebrates the best of Welsh hospitality.

Head Chef John Gerwyn Jones, 'Gez', leads the kitchen team with a creative yet heartfelt approach to flavor, drawing inspiration from the best local ingredients, land and sea. Leading the front of house team, Nikos Chatzitheodorakis brings his genuine love of hospitality to every table, ensuring your experience is as warm and memorable as the food itself.

We hope you've enjoyed your time with us. If you have a moment, we'd love to hear your thoughts—your feedback helps us keep unlocking the hwyl for every guest.



@lan_y_mor



/lanymorsaundersfoot



www.lanymorsaundersfoot.co.uk