

Snacks to share



Atlantic Edge oysters 1x - £6 | 3x - £16 | 6x - £30
Orange & malt vinegar mignonette

Carmarthenshire antipasti Small £16 | Large £25
Bakers pig cured meats, cheese selection, pickles

Crispy whitebait £9
Marie rose dip

Selwyns' Gower 'frockels' £9
Crispy cockles, 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 £9
Charred pitas, hummus, aubergine & tomato chutney

Rosemary focaccia roll £6
Herb infused Pembrokeshire rapeseed oil & balsamic

Small plates



Slow cooked lamb rib Nicoise £15
Potato, fine beans, black olives & anchovies

Welsh rarebit £14
Tenby Brewing Co. ale, leek, ham hock, Welsh cheddar

Pork belly bao bun £14
Sweet & sour, Asian salad

Cod wings £15
Bone-in, fried cod with Buffalo sauce, pickled red onion

Cajun king prawns £16
Roast peppers, tomato fondue, coriander & lime

Corn ribs £9
Sweetcorn, hoisin, spring onion

Pasture



Barti rum Jerk chicken thigh burger £24
Roast pineapple chutney, lime & rum mayo
In collaboration with Barti Rum Ltd.

Welsh lamb rump £26
Ratatouille, samphire

Braised beef shin birria £25
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 £28
6oz Fillet £32

Pasture extras
Two grilled local oysters, Worcester sauce £10
Cajun blackened prawns £10
Peppercorn sauce £5
Half Saundersfoot lobster, garlic butter £33

Sea



Seabass £26
Leeks, miso, butter bean

Plât y môr £42
Halibut, prawns, smoked salmon, fried cod wings, crusty bread, Marie rose dip

Grilled Halibut £30
Velfrey beurre blanc, capers & lobster

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

Land



Pulled BBQ Jackfruit bao buns £22
Asian salad, coriander, sesame

Red lentil & carrot burger £22
Sourdough bun, hummus, aubergine & tomato chutney.

Spinach & ricotta tortellini £22
Tomato velouté, parmesan, rocket

Sides



Skin on fries £7
Salted, skin on

Parmesan & truffle fries £9
Parmesan, truffle, chive

Roast Pembrokeshire baby potatoes £8
Garlic & thyme butter

Roasted padron peppers £8
Goats cheese

Sumac roasted carrots £8
Lime & cumin yoghurt

Chilled pea & green bean salad £8
Green goddess dressing, mangetout, fine beans

Grove garden salad Small - £7 | Large - £10
House dressing

Greek style salad £7
Black olives, feta cheese, red onion, peppers

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 Lany Mor team

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.



@lan_y_mor



/lanymorsaundersfoot



www.lanymorsaundersfoot.co.uk

Wine

Sparkling

125ml

Cava brut, Valdeorite, Spain	£8
Rose Prosecco, Sacchetto, Veneto, Italy	£10
Velfrey Brut, Pembrokeshire, Wales	£16
Brut Reserve, Duval Leroy, Champagne	£19

White

125ml

175ml Carafe 375ml

Viura, El Campeon, Cariñena, Spain	£7	£9	£17
Grenache Gris, Les Sardine's, France	£8	£11	£20
Sauvignon Blanc, Saint Clair, NZ	£9	£12	£26
Solaris, Velfrey, Pembrokeshire, Wales	£13	£17	£33
Albarino, Legar de Cervera, Spain	£14	£18	£35
Viognier, Ktima Gerovasileiou, Greece	£16	£20	£40

Rosé

125ml

175ml Carafe 375ml

Soupir Rose, Chateau Oumsiyat, Lebanon	£9	£12	£22
Cuvee Marie Christine, Chateau L'Aumerade, France	£11	£14	£34

Red

125ml

175ml Carafe 375ml

Monastrell, El Moreno, Murcia, Spain	£7	£9	£17
Rioja, Mayela, Bodegas Bideona, Spain	£9	£13	£24
Grenache-Syrah Blend, Alexana Gran Grouge, USA	£13	£18	£35
Valpolicella, Rio Albo, CaRugate, Italy	£10	£14	£27
Malbec, Pyros, Valle de Pedernal, Argentina	£12	£16	£33
Magna Cum Laude, Castello Banfi, Barolo, Italy	£16	£20	£40

Cocktails



Barti Shore Creamy, Tropical, Zesty Barti rum, cream liqueur & salt, with lime, pineapple, coastal bitters	£12
Lan y Mor Fizz Fruity, Refreshing, Citrusy Lan Y Mor gin, strawberry, mint, lemon	£12

Mocktails

Mango mockgarita Fruity, vibrant, tangy Mango, lime, salt	£7
Coppet cooler Fresh, crisp, cooling Apple, mint, lime	£7

Gin

Golden Road Gin Pembrokeshire, Wales	£6
Aber Falls, Rhubarb & Ginger Gin Gwynedd, Wales	£6
In The Welsh Wind, Premium Dry Ceredigion, Wales Ask us about our guest gin of the week	£6

Vodka

Benjamin Hall Vale of Glamorgan, Wales	£5
In the Welsh Wind Vodka Ceredigion, Wales	£6
Dancing Puffin Arid Hill, Scotland	£7

Rum

Eccentric Black Batch Spiced Rum Cardigan, Wales	£5
Barti Spiced Rum Pembrokeshire, Wales	£6

Spirits are served in 25ml measures as standard, in line with licensing regulations.

Beer

Sol Cerveza, 330ml Orizaba, Mexico	£5
Wrexham Lager, 330ml Wrexham, Wales, UK	£6
Beach Lager, Helles Lager, 440ml Tenby, Wales, UK	£7
Yeah Mango, IPA, 440ml Tenby, Wales, UK	£7
Chasing the sun, hazy pale ale 440ml Tenby, Wales, UK	£7

Cider

Seidir Tydecho, Miri, Natural dry cider Dyfi Valley, Wales, UK	£7
Mango Cider, Gwynt y ddraig Pembrokeshire, Wales, UK	£7

Low-alcohol

Drop Bear, Swansea, 330ml, 0.5% Lager / Tropical IPA	£5
GWYR Gower Sero gin Port Eynon, Wales, 0% Gower gin company non-alcoholic spirit with notes of juniper, citrus and a hint of ginger	£5

Mixers

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

Coca Cola Original 330ml	£4.50
Diet Coke 330ml	£4.50
Juices 250ml Orange - Apple - Cranberry - Pineapple	£4.50
Elderflower sparkling	£4.50
Pure Ionic Water Still/ Sparkling All profits earned from our bottled water are given to Ty Hafan Children's Hospice.	£4.00



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