

Snacks to share



Marinated Nocellara olives £6
Green olives, paprika, orange, fennel

Wasabi Peanuts £5
Spicy wasabi coated peanuts

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

Roast garlic pitas £9
Charred pitas, hummus, aubergine & tomato chutney

Fresh anchovies £6
Salted crisps, parsley, garlic

Selwyns' Gower 'frocksels' £9
Crispy cockles, with chili salt & nori mayonnaise

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

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

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

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

Corn ribs £9
Sweetcorn, hoisin, spring onion

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

BBQ glazed chicken £24
Spiced sweetcorn fritter, avocado, tomato salsa

Pembrokeshire steaks
Fire roasted red pepper, chimichurri & rocket salad

8oz Flat iron £28
6oz Fillet £32

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

Sea



Gower Seabass £26
Leeks, miso, butter bean

Plât y môr £42
Halibut, prawns, smoked salmon, 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, salsa verde

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

To share

Feast £100

Frockles, Spiced nuts

Plat y môr, 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

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

3 Volte, Brut, Prapian, Prosecco, Italy	£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 £12
Creamy, Tropical Zesty
Barti Rum, cream liqueur & salt, with lime, pineapple, costal bitters

Lan y Mor Fizz £12
Fruity, Refreshing, Citrusy
Lan Y Mor gin, strawberry, mint, lemon

Mocktails

Mango mocktail Mojito £7
Vibrant, Refreshing, tropical
Mango, lime, mint

Coppet cooler £7
Fresh, crisp, cooling
Apple, mint, lime

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

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

Seidir Tydecho, Miri, Natural dry cider £7
Dyfi Valley, Wales, UK

Mango 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.



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