

Snacks to share



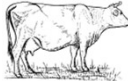
Marinated Nocellara olives <i>Green olives, paprika, orange, fennel</i>	£6
Wasabi Peanuts <i>Spicy wasabi coated peanuts</i>	£5
Rosemary focaccia roll <i>Herb infused Pembrokeshire rapeseed oil & balsamic</i>	£6
Roast garlic pitas <i>Charred pitas, hummus, aubergine & tomato chutney</i>	£9
Fresh anchovies <i>Salted crisps, parsley, garlic</i>	£9
Selwyns' Gower 'frockels' <i>Crispy cockles, with chili salt & nori mayonnaise</i>	£9
Jalapeno poppers <i>Ricotta cheese, avocado & coriander mayonnaise</i>	£6
Carmarthenshire antipasti <i>Bakers pig cured meats, Caerphilly cheese, pickles</i>	Small £16 Large £25
Atlantic Edge oysters <i>Orange & malt vinegar mignonette</i>	1x - £6 3x - £16 6x - £30

Small plates



Lamb Kofta sausage roll <i>Whipped Feta, lemon & Pembrokeshire chilli farm chilli jam</i>	£14
Welsh rarebit <i>Tenby Brewing Co. ale, leek, ham hock, Welsh cheddar</i>	£14
Pork belly bao bun <i>Sweet & sour, Asian salad</i>	£14
Cajun king prawns <i>Roast peppers, tomato fondue, coriander & lime</i>	£16
Corn ribs <i>Sweetcorn, hoisin, spring onion</i>	£9
Paprika calamari <i>Lemon aioli</i>	£14

Pasture



Welsh beef burger <i>Smoked Welsh cheddar, chorizo & bacon jam, caramelized onion</i>	£24
Welsh lamb rump <i>Ratatouille, samphire</i>	£26
Pembrokeshire steaks <i>Fire roasted red pepper, chimichurri & rocket salad</i>	
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 <i>Leeks, miso, butter bean</i>	£26
Plât y môr <i>Halibut, prawns, smoked salmon, paprika calamari, crusty bread, Marie rose dip</i>	£42
Grilled Halibut <i>Velfrey beurre blanc, capers & lobster</i>	£30
Saundersfoot harbour lobster <i>Tandoori butter, lime pickle mayonnaise & pitas</i>	Half £36 Whole £66

Land



Pulled BBQ Jackfruit bao buns <i>Asian salad, coriander, sesame</i>	£22
Red lentil & carrot burger <i>Sourdough bun, hummus, aubergine & tomato chutney.</i>	£22
Spinach & ricotta tortellini <i>Tomato velouté, parmesan, rocket</i>	£22

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.

Garden



Waldorf salad, Perl-las <i>Apple, celery, walnut, lettuce</i>	£12
Warm bean & lentil salad, pesto <i>Roasted beetroot, pepper, courgette, red onion</i>	£12
Grove garden, honey & mustard <i>Lettuce, cucumber, tomatoes, toasted seeds</i>	£12
Garden extras	
Chicken breast	£12
Cajun blackened prawns	£10
Half Saundersfoot lobster, garlic butter	£33

Sides



Skin on fries <i>Salted, skin on</i>	£7
Parmesan & truffle fries <i>Parmesan, truffle, chive</i>	£9
Roast Pembrokeshire baby potatoes <i>Garlic & thyme butter</i>	£8
Roasted padron peppers <i>Goats cheese, salsa verde</i>	£8
Sumac roasted carrots <i>Lime & cumin yoghurt</i>	£8
Chilled pea & green bean salad <i>Green goddess dressing, mangetout, fine beans</i>	£8
Greek style salad <i>Black olives, feta cheese, red onion, peppers</i>	£7

To share

Feast <i>Frockles, Olives</i>	£100
<i>Plat y môr, Corn ribs, Flat iron & Two sides of your choice</i>	
The Tomahawk <i>Olives, Focaccia</i>	£120
<i>28oz Rib-eye steak, fire roasted red peppers, chimichurri, rocket salad, peppercorn sauce & Two sides of your choice</i>	

Wine

Sparkling	125ml
3 Volte, Brut, Prapian, Prosecco, Italy	£9
Rose Prosecco, Saccheto, 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, Pemborkeshire, 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
Cultus, Chianti Classico, Riserva, Badia a Coltibuono, Italy	£18	£24	£45
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



Ola La! <i>Elegant, fresh, sparkling</i> <i>Chambord, limoncello, Italicus, rose prosecco</i>	£17
Mor Glass <i>Tropical, crispy, sharp</i> <i>Lan Y Mor gin, blue curacao, pineapple, lime, lemonade</i>	£13
Lan y Mor Fizz <i>Fruity, Refreshing, Citrusy</i> <i>Lan Y Mor gin, strawberry, mint, lemon</i>	£13

Mocktails

Cherry awel <i>Fruity, sweet, vibrant</i> <i>Cherry, lime, pineapple</i>	£7
Coppet cooler <i>Fresh, crisp, cooling</i> <i>Apple, mint, lime</i>	£7

Gin

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

Vodka

Benjamin Hall <i>Vale of Glamorgan, Wales</i>	£5
In the Welsh Wind Vodka <i>Ceredigion, Wales</i>	£6
Dancing Puffin <i>Arid Hill, Scotland</i>	£7
Eccentric Black Batch Spiced Rum <i>Cardigan, Wales</i>	£5
Barti Spiced Rum <i>Pembrokeshire, Wales</i>	£6

Beer

Wrexham Lager , 330ml <i>Wrexham, Wales, UK</i>	£6
Beach Lager, Helles Lager, 440ml <i>Tenby, Wales, UK</i>	£7
Yeah Mango, IPA, 440ml <i>Tenby, Wales, UK</i>	£7
Chasing the sun, hazy pale ale 440ml <i>Tenby, Wales, UK</i>	£7

Cider

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

Low-alcohol

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

Mixers

Fever Tree 200ml <i>Indian Tonic - Light Tonic - Mediterranean Tonic – Elderflower Tonic - Soda Water – Ginger beer - Lemonade</i>	£4.50
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Soft drinks

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



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