Desserts

Sticky fig toffee pudding £12
Whipped buttermilk, '5th Flock rum' toffee sauce

Pear tarte tatin £12
Earl grey ice cream

Plum frangipane tart £12
Clotted cream, prune compote

Chocolate and cherry cake £12
Clotted cream ice cream & Amarena cherry

Lan y Môr affogato £10 + £6 with liqueur
Pistachio ice cream, espresso & almond biscotti

Vanilla crème brulée £12
Blackberry compote, ginger biscuit

Tiramisù profiteroles £12
Praline, coffee, mascarpone sauce

Scoop of ice cream £3
Chocolate/ vanilla/ pistachio

Tregroes waffle £2
Served with cinnamon sugar

Welsh cake £3
Served with cinnamon sugar

Liqueurs

Saliza, Amaretto	£6
Disaronno Amaretto	£5
Teichenne Vanilla	£6
Giffard Poire Pear	£6
Barti cream	£6
Limoncello	£6
Cointreau	£7

Welsh Cheeses

Served with truffle honey, spiced tomato 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 £7
Echeverria, Chile

Welsh Elderport £9
Ceredigion, Wales

2021 Essensia, Orange Muscat, Quady £8
California, USA

2021 Elysium, Black Muscat, Quady £8
California, USA

2005 Colheita Port, Barros £10
Porto, Portugal

Marismeno, Fino sherry £8
Jerez de la Frontera. Spain

Digestifs

Hive Mind, Barrel aged mead	£10
Hive Mind, Wye Valley traditional mead	£10
Clos Martin VSOP 8 YO , Bas-Armagnac	£8
Clos Martin XO 15 YO, Bas-Armagnac	£10
Martell VS	£6
Hennesey XO	£15
Da Mhile, Organic Apple Brandy, Wales	£6
Pesche Saturno, Capovilla	£7

After-dinner cocktail

Espresso Martini £15
Vodka, coffee liqueur, Gower coffee

The Whoops £13
Coconut rum, coffee liqueur, gingerbread

Afterglow £13
Smooth, bitter-sweet, warming
Brandy, spiced marmalade, pumpkin syrup

Scotch whisky

Laphroaig 10 YO, Single Malt, Islay	£11
Glenfiddich 18 YO, Single malt, Speyside	£20

Welsh whisky

Aber Falls, Single Malt	£6
Penderyn Peated	£7
Penderyn Sherrywood	£8
Penderyn Portwood	£11

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.lanymoresaundersfoot.co.uk

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