Snacks to share



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

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

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

Fresh anchovies £9
Salted crisps, parsley, garlic

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

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

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

Small plates



Lamb Kofta sausage roll £14
Whipped Feta, lemon & Pembrokeshire chilli farm chilli jam

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

Pork belly bao bun £14
Hot honey, Asian salad

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

Jerusalem artichoke soup £9
Truffle oil, crisps & chive

Paprika calamari £14
Lemon aioli

Pasture



The Môr-some prime blend burger £24
Smoked Welsh cheddar, chorizo & bacon jam, caramelized onion

Towy valley Venison £26
Cauliflower puree, white cabbage & bacon

Welsh lamb rump £26
Ratatouille and foraged sea herbs

Pembrokeshire steaks
Fire roasted red pepper, chimichurri & rocket salad

8oz Flat iron £28
6oz Fillet £32

Pasture extras
Cajun blackened prawns £12
Peppercorn sauce £5
Half Saundersfoot lobster, garlic butter £33

Sea



Gower Seabass £26
Leeks, miso, butter bean

Plât y môr £42
Halibut, prawns, smoked salmon, paprika calamari, crusty bread, lemon aioli

Grilled Halibut £30
Velfrey beurre blanc, capers & lobster

Saundersfoot harbour lobster Half £36 | Whole £66
Tandoori or Garlic 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

Garden



Waldorf salad, Perl-las £12
Apple, celery, walnut, lettuce
Add Chicken breast *+£12*

Warm bean & lentil salad, pesto £12
Roasted beetroot, pepper, courgette, red onion
Add Cajun blackened prawns *+£12*

Grove garden, honey & mustard £12
Lettuce, cucumber, tomatoes, toasted seeds
Add Saundersfoot lobster, garlic butter *+£33*

Sides



Skin on fries £7
Salted, skin on
Add Parmesan, truffle & chive *+£2*

Roast Pembrokeshire baby potatoes £8
Garlic & thyme butter

Braised cabbage £8
Toasted seeds

Roast carrots & parsnips £8
Hot honey, parsnip crisps

Buttered seasonal greens £8
Garlic & herb

To share

Feast £100
Frockles, Olives

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.

Wine

Sparkling

	125ml
3 Cava Brut, Valdeorite, Spain	£8
Rose Prosecco, Saccheto, Veneto, Italy	£11
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	£9	£12	£22
Sauvignon Blanc, Saint Clair, NZ	£9	£12	£26
Albarino, Legar de Cervera, Spain	£14	£18	£35
Viognier, Ktima Gerovasileiou, Greece	£17	£22	£44

Rosé

	125ml	175ml	Carafe 375ml
Soupir Rose, Chateau Oumsiyat, Lebanon	£9	£12	£22

Red

	125ml	175ml	Carafe 375ml
Monastrell, El Moreno, Murcia, Spain	£8	£10	£18
Rioja, Mayela, Bodegas Bideona, Spain	£9	£13	£24
Coch, Velfrey vineyard, Wales	£13	£16	£32
Valpolicella, Rio Albo, CaRugate, Italy	£12	£15	£27
Malbec, Gran Terroir, Zorzal, Mendoza, Argentina	£14	£17	£34
Magna Cum Laude, Castello Banfi, Barolo, Italy	£16	£20	£40

Cocktails

Pembrokeshire Spritz £17
Elegant, fresh, sparkling
Velfrey sparkling, Wreckers rum, peach, Italicus

Gin Berry £14
Sweet, Refreshing, fruity
Lan y Mor Gin, elderflower, strawberry

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

Mocktails

Apple of my chai £7
Sweet, spiced, juicy
Chai, gingerbread, lemon, apple juice

Abs-olutely Wicked £7
Toffee apple Halloween specials
Apple, caramel. lemon

Ginger breeze £7
Refreshing, zingy, sparkling
Pineapple juice, orgeat, ginger beer

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

Rum

Siddiqui, Brown rum £5
Penderyn, Wales

Barti Spiced Rum £6
Pembrokeshire, Wales

Beer

Beach Lager, 440ml £7
Tenby, Wales, UK

Chasing the sun, hazy pale ale 440ml £7
Tenby, Wales, UK

Mor Du, Welsh stout 440ml £7
Tenby, Wales, UK

Plum sour, I like the way you Mauve 440ml £7
Tenby, Wales, UK

Cider

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

Orchard Gold, Gwynt y ddraig £7
Pembrokeshire, Wales, UK

Low-alcohol

Drop Bear, Swansea, 330ml, 0.5% £5
Lager / Tropical IPA / Bonfire stout

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– 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 - Tomato

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.

ty hafan

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