

Lunchtime menu

Breakfast 8.30am-11.30am | Lunch 12.00pm-3.30pm Evening meals from 6.00pm Tuesday-Saturday | Sunday lunch every week from 12.30pm

Moules frites

Fresh Gower mussels steamed with white wine, cream and garlic, served with crusty bread + fries
Small £7.00 | Large £13.00

Fisherman's pie

With salmon, hake, prawns, smoked haddock and a boiled egg, topped with mash and mature cheddar
£9.00

Guacamole on toast with poached eggs

Tom's guacamole (a firm family favourite!) on toasted sourdough with two soft poached eggs, add crispy bacon for a little something extra
With bacon £8.50 | Without bacon £7.50 (v)

6oz sirloin with garlic and herb butter

Pan fried just as you like it, served with hand cut chips on the side
£9.50

Mac 'n' cheese

Homemade macaroni cheese topped with rosemary breadcrumbs and mozzarella, add chorizo for a kick!
With chorizo £9.00 | Without chorizo £8.00 (v)

Our famous fish finger sandwich

Homemade cod fish fingers, bread crumbed and fried until crunchy, served in brioche with tartare sauce and watercress on the side
£6.85

Welsh rarebit

Mature cheddar, local ale and grain mustard on toasted sourdough with tomato chutney, try it with bacon!
With bacon £7.50 | Without bacon £6.50 (v)

All day fry-up

Local pork sausage, back bacon, beans, bubble & squeak, fried egg and toast, or go veggie and replace the sausage and bacon with grilled vine tomatoes and mushrooms
£5.75 (v)

Classic ham, egg and chips

Our home roasted ham, two fried eggs and hand cut chunky chips
£9.00

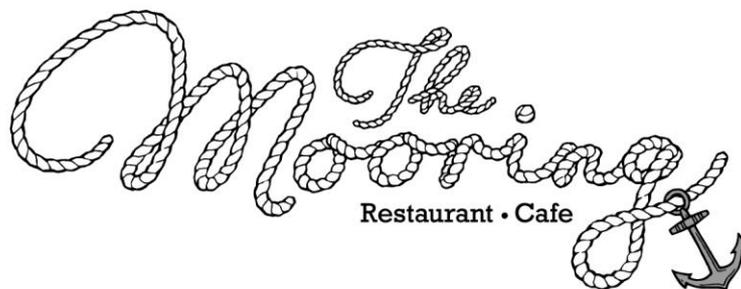
Warm squash salad

With roasted beetroot, feta and toasted pine nuts
£8.00 (v)

Traditional sandwiches – on sliced white or granary

Home roasted ham and mustard mayonnaise **£5.25** | Mature cheddar and homemade fruity pickle **£5.25**
Smoked mackerel and watercress **£6.00**

Sides: Hand-cut chunky chips **£2.65** | Red cabbage and spring onion slaw **£2.25**
Warm sourdough slices and butter **£1.10** | Side salad **£2.25**



Coffee, hot chocolate and milky drinks

Americano, served with milk on the side			£2.00
Cappuccino or Latte, made with a double shot			£2.50
Mocha, made with a double shot and hot chocolate			£2.50
Chai latte, made with Chai spices and steamed milk			£2.50
Flat White, made with a double shot			£2.50
Espresso	Single £1.50	Double	£1.70
Macchiato	Single £1.60	Double	£1.80
Hot chocolate - white or milk			£2.50
Kids hot chocolate			£1.50
Babyccino			£0.50
Frappé latte, made with a double shot and frozen yoghurt			£3.80

NEW: Milkshakes – made with frozen yoghurt and your choice of flavours:

Strawberry, Banana, Blackcurrant, Chocolate and Salted Caramel	£3.00
Kids milkshake – strawberry or chocolate flavoured whole milk	£1.80

Add a syrup to any drink	£0.30
Add marshmallows to any drink	£0.30
Add squirty cream to any drink	£0.50
Add crushed Oreos	£0.20

Tea

Welsh Brew English Breakfast tea	£1.50
Teapigs Everyday Brew tea	£1.60
Teapigs flavoured teas	£1.80

These include...

Lemon and Ginger, Liquorice and Peppermint, Chai tea, Super Fruit, Chamomile Flowers, Mao Feng Green Tea, Rooibos (Red Bush), Earl Grey, Peppermint Leaves, Apple and Cinnamon

Soft drinks, beer and cider

Fentiman's Victorian Lemonade, Elderflower, Ginger Beer or Mandarin & Seville Orange Jigger, 275ml	£2.10
Schwepps lemonade, 200ml	£1.50
Diet Coke or Coca-Cola, 330ml	£1.95
Prince's Gate Water, still or sparkling, 330ml	£1.30
Prince's Gate Water, still or sparkling, 750ml	£2.10
Freshly squeezed orange juice	£2.30
Frobisher's fruit juices, 250ml	£1.95
Appletiser, 275ml	£2.10

Wyld Wood Premium Organic Cider, Alc 6.5%, 500ml	£4.25
Tenby Brewing Co. Barefoot Blonde, Alc. 4.7%, 330ml	£3.60
Tenby Brewing Co. West Coast Rocks, Alc 3.8%, 330ml	£3.60
Tenby Brewing Co. Black Flag Rum Porter, Alc 5.2%, 330ml	£3.70
Harbwr Brewery Pale Ale, Alc 4%, 500ml	£3.60
Harbwr Brewery Red Ale Alc 4.6%, 500ml	£3.60
Harbwr Brewery Amber Ale 4.2%, 500ml	£3.60
Peroni Nastro Azzurro (Alc 5.1%), Stella Artois, (Alc 4.8%), Estrella Galicia (Alc 4.7%)	£3.10

A full wine list is also available