



Lunchtime menu

Breakfast 8.30am-11.30am | Lunch 12.00pm-4.00pm and Sunday Roast from 12.30pm every week | Evening meals from 6.00pm, Fridays & Saturdays

Loafley sausage roll Local pork meat in puff pastry from our bakery on Upper Frog Street. Served with homemade piccalilli and dressed leaves **£6.50**

Cullen skink Smoked haddock, leek and potato chowder topped with a soft poached egg and served with warm soda bread **£9.00**

6oz sirloin with garlic and herb butter Served with hand cut chips on the side **£9.50**

Pulled pork Slow roasted shoulder of spice rubbed pork, shredded and loaded into a toasted brioche bun with creamy red slaw and chilli ketchup **£8.50**

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**

Guacamole on toast with poached eggs Guacamole on toasted sourdough with two soft poached eggs served with or without crispy smoked bacon **With bacon £8.50 | Without bacon £7.50 (v)**

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 *Loafley* toast, or go veggie and replace the sausage and bacon with grilled vine tomatoes and mushrooms **£6.60 (v)**

Classic ham, egg and chips Our own home roasted ham, two fried free-range eggs and hand cut chunky chips **£9.00**

Traditional sandwiches on *Loafley* white or granary bread

Home roasted ham and mustard mayo **£5.25**
Mature cheddar and tomato chutney **£5.25**
Smoked mackerel and watercress **£6.00**

Side dishes

Hand-cut chunky chips **£2.65**
Creamy red slaw **£2.25**
Warm sourdough slices and butter **£1.10**
Side salad **£2.25**

Pastries and cakes Toasted *Loafley* teacake with butter and hot drink **£3.60** | Warm homemade scone, clotted cream or butter, jam and a hot drink **£4.60** | **Also see our counter and black boards for today's selection of *Loafley* cakes**

A bit about our bread... Have you heard of *Loafley Bakery & Deli co.*? It's our sister business on Upper Frog Street. We're proud to say that all the bread served at The Mooring is made there. We don't add any unnatural raising agents or chemicals to our dough which means it not only has a delicious flavour, it has a proper crust, too. No two slices are the same – just the way we like it!

PLEASE NOTE: The mayonnaise we serve is made on the premises and contains raw, British Lion Quality, free-range eggs. This mayonnaise is also used in our coleslaw. Parmesan can be removed from our meat-free dishes to make them suitable for vegetarians. We will do our very best to accommodate any specific dietary requirements or intolerances. Gluten and dairy free breads are available. For allergy advice please ask.

Moorings

Restaurant • Cafe



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			£2.60
Chai latte, made with Chai spices and steamed milk			£2.60
Flat White, made with a double shot			£2.40
Espresso	Single	Double	£1.50 £1.70
Macchiato	Single	Double	£1.60 £1.80
Hot chocolate - white or milk			£2.60
Kids hot chocolate			£1.60
Babyccino			£0.60
Frappé latte, made with a double shot and frozen yoghurt			£3.80

Milkshakes – made with frozen yoghurt...

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	£0.40
Add squirty cream to any drink	£0.50
Add crushed Oreos	£0.40

Tea

Welsh Brew English Breakfast tea	£1.50
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 Elderflower or Ginger Beer, 275ml	£2.10
San Pellegrino Limonata or Aranciata, 330ml	£2.00
Pure Pembrokeshire Apple Juice, 330ml	£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 orange juice, 250ml	£1.95
Appletiser, 275ml	£2.10

Hallets Real Cider, Alc 6%, 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 Brwing Co. Black Flag Rum Porter, Alc 5.2%, 330ml	£3.70
Harbwr Brewery Pale Ale, Alc 4%, 500ml	£4.20
Harbwr Brewery Red Ale Alc 4.6%, 500ml	£4.20
Harbwr Brewery Amber Ale 4.2%, 500ml	£4.20
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