

Small plates

Llys Meddyg smoked salmon, horseradish, pickled cucumber, pennywort	£7.50
Pembrokeshire crab brulée & fennel salad, seaweed butter	£8.50
Organic chicken liver parfait, sweet jalapeno jam	£6.00
Baked Camembert, damson pickle (great to share!) (V)	£9.00

Small or Main

Mussels, Andalucian or Classic style	£7.50/£14
Llys Meddyg fish stew, rouille	£7.95/£15
Wild garlic risotto, toasted pumpkin seed, hedgerow sorrel (V)	£6.95/£12
Tandoori chicken, raita (main plate served with fragrant rice)	£6/£12.50

Large plates

Pembrokeshire crab linguini	£13.50
Oven baked flat fish of the day, caper beurre noisette	£11.50
Slow reared belly pork, crackling, spiced apple	£12.50
Poached Pembrokeshire lobster with béarnaise, aioli or garlic & parsley butter	£15/£28
Braised ox cheek, pickled red cabbage, confit shallot	£12.50
Welsh aged rib-eye, café de Paris butter	£19.50
Seasonal tartlet, foraged leaves, hollandaise (V)	£10.50

Sides

Fries	£2.25
Orange and toasted hazelnut salad, Troed Y Rhiw leaves	£3.50
Seasonal organic vegetables from Troed Y Rhiw	£3.50
Quinoa salad, tomatoes, mint, chilli	£2.95
Sautéed potatoes with rosemary & garlic	£2.95

Please see the board for our daily specials & bar snacks

Please ask a member of staff for information on food allergens

