



## Daily Menu

Spanish olives served with sour dough bread  
£2 50

Carrot, orange and coriander soup with sour dough bread (v)  
£5

Confit goose and fois gras terrine with watercress, shallot vinaigrette and sour dough bread  
£7

Soft boiled mushroom Scotch egg with beetroot and horseradish  
£6

Pint or ½ pint of prawns with a lemon mayonnaise and sour dough bread  
£4 50/£8 50

Home cured River Teifi Sewin with sour cream, dill and pickled cucumber  
£6 50

Cawl - Traditional lamb broth with leeks, potatoes, swede, parsley, Welsh cheddar and bread  
£8 50

Local sausages with caramelised apples with parsnip mash, sprouting broccoli and a cider gravy  
£11

Spinach and Pantysgawn goats cheese semolina gnocchi with roast peppers, red onion and walnut salad  
£13

Grilled fillet of haddock with twice cooked chips, minted crushed peas and tartare sauce  
£15

Capestone organic chicken slow cooked with garlic, tarragon and lemon with mash and sprouting broccoli  
£14

Aged Welsh sirloin steak and hand cut chips with slow roast onions, baked mushrooms, garlic and tarragon butter, salad and aged balsamic  
£18

	Sides		
Pembrokeshire New potatoes	£2	Dressed green salad	£2 50
Chips	£2 50	Green vegetables	£2 50

Available between 12 and 2pm only

Walkers lunch  
£8 50

Selection of farmhouse cheeses, Gwaun Valley ham, or both together (£1 extra) served with pickles, apple, salad, chutney and bread. Available Cheeses - Hafod cheddar, Perl Las, Llangofflan and Celtic promise

Freshly baked ciabatta Roll, dressed salad and skinny fries  
£7

Choose from our selection of Welsh cheeses, Gwaun valley ham or Welsh bacon (£1 for any extra filling)

Please check our daily specials board