



Our Food Menu

Meat Dishes

- **Beef & ale pie**
Welsh black beef with chestnut mushrooms slow cooked for 5 hours in dark Welsh ale with our herbs, topped with flaky puff pastry.
Serves 2, £12.50, single portion £7.
- **Chicken breast**
Oven roasted chicken breast stuffed with herby cream cheese and wrapped in prosciutto ham.
£6 each.
- **Chicken and Chorizo paella**
Paella from the Andalucía recipe. Saffron rice with tender pieces of chicken and robust chorizo, enjoy.
Serves 2, £14.
- **Whole chicken**
Chicken basted in Welsh butter and its own juices. Try this on Sunday with vegetables or in the week with a crisp salad.
Serves 2/3, £9.50.
- **Chicken curry**
Tender free range chicken pieces with Rob's blend of spices cooked to your taste specification; mild,



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medium, medium hot or HOT! Accompanied by white fluffy rice.

Serves 2 £12.

- **BBQ pack**

Cook your own but enjoy this homemade pack containing, minted lamb chops, marinated chicken thighs and locally bred pork sausages.

£5, please advise number of portions required.

- **Rob's Welsh beef burgers**

No additives, no breadcrumbs just Welsh black beef and Rob's secret spices. Optional extras: cheese, bacon or both.

£6.50 each.

Fish Dishes

- **Pan fried salmon**

Pan seared salmon fillets with a cool horseradish crème fraiche sauce, wedges of lemon and herbs.

£6 each

- **Baked trout**

Fresh sea trout caught off Tenby, baked in the oven



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with tangy lemon and fresh herbs.

From £6 depending on size of catch.

- Seafood paella
Squid, cod, prawns or whatever the local fisherman has caught! Rob's classic Spanish paella.
Serves 2, £14.

Pasta Dishes

- Carbonara
Smooth pasta, with bacon and mushrooms in a creamy herb sauce.
£6.50 each.
- Tagliatelle with wild mushrooms (v)
Tagliatelle pasta with wild mushrooms and served in a creamy garlic sauce.
Single portion £6.
- Lasagne
Delicious Welsh beef simmered in a tomatoes and herbs, layered with pasta in a béchamel sauce.
Serves 2, £12.



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Vegetarian Dishes

- Sautéed Mushrooms with spiced lentils
Paprika saffron and thyme spiced lentils with a selection of wild mushrooms.
Single portion £7
- Pea & mint risotto
Arborio rice cooked in a homemade vegetable stock and served with shaved Pecorino cheese.
Single portion £6.50.
- Vegetable Stir Fry
A sweet and sour stir fry with rice noodles.
Single portion £6.50.
- Paella
Roasted red peppers and courgette paella with saffron slowly cooked in a vegetable stock.
Serves 2, £14.
- Vegetable curry
A blend of seasonal vegetables, spices and herbs in a bed of fluffy white rice. As with the chicken curry, available in mild or varying degrees of HOT!
Serves 2, £12.



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Vegetables

Whenever possible the vegetables will come from our own garden.

- New potatoes tossed in Welsh butter and chives.
- Potato wedges, crispy and delicious.
- 2 seasonal vegetables.
- Sautéed garlic mushrooms.
- Crispy green salad.
- Fresh coleslaw and potato salad made with mayonnaise from our own eggs.

Serves 2, £2.



Our Food Menu

Children's Menu

- Spaghetti bolognaise
- Chicken dippers with BBQ sauce, ketchup or both
- Cheese & tomato pizza with toppings of your choice
- A Homemade Welsh beef burger
- Fresh cod fish fingers & baked beans

These dishes are single portions priced at £4.50 and include a scoop of Rob's ice cream.

Treats

The treats and our free range eggs are available in the shop.

- Rob's ice cream
Vanilla or chocolate chip.
Fresh cream, vanilla, eggs and sugar.
Single tub £2.

Ordering

Please order before 11 am by detaching a slip and leaving in our post box or text Rob on 07841 872091.