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**Starters**

**Soup -** please ask our team for today’s choices and allergen details **£6**

**Crispy Calamari Fritti - served** with salad garnish and a Thai style mayonnaise dip **(GFO) £7**

**Welsh Mangalitza Pork Bonbons -** with spiced apple compote, pancetta crumb and pea shoots **£7**

**Creamy Potted Garlic Mushrooms -** with truffle gratin and homemade toasted focaccia bread **(VG) £6**

**Mains**

**Welsh Roast Beef or Roast Turkey or “half & half”-** with roast potatoes, mash potato, parsnips, red cabbage, stuffing, Yorkshire pudding and gravy, served with blanched seasonal vegetables **(GFO)** **£16**

**Parsnip and Wild Mushroom Nut Roast** - with roast potatoes, mash potato, parsnips, red cabbage, stuffing and gravy, served with blanched seasonal vegetables **(VG) (GFO)** **£16**

**Pan Fried Sea Bass Fillets** **-** sautéed potatoes, charred baby gem lettuce with a red pepper sauce **(GF) £17**

**Side Dishes - £3**

**Garlic Bread**

**Cheesy Garlic Bread**

**Chips** (GF) (VG)

**Onion Rings** (V)

**Desserts**

**Bluestones Coffee Tiramisu** **-** **£7**

**Spiced Winter Berry Cheesecake -** with maple pecan granola **£7**

**Hot Chocolate Pudding -** with salted caramel ice cream **(V) (GF) £7**

**Apple & Blackberry Crumble -** served with warm crème anglaise or vanilla ice cream **(VGO) £6**

**Penderyn Whisky Sticky Ginger Pudding -** served with vanilla ice cream and salted caramel sauce **£7**

**Children’s Menu**

**Mains**

**Mini Roast -** children’s sized roast lunch – beef or turkey or “half & half”! **£8**

**Breaded Chicken Fillet Goujons - or** baked **(GF)** with chips and beans **£7**

**Pork Sausages** **-** or veggie sausages with chips and beans **(so)** **£7**

**Mini Welsh Cheeseburger** **-** steak beef burger with Welsh cheddarand chips **£7**

**Penne Pasta** **-** creamy tomato sauce, with grated cheese and garlic bread **(V)** **(GFO)** **£6**

**Desserts**

**Mini Hot Chocolate Pudding -** with salted caramel ice cream **(V) (GF) £5**

**American Style Pancakes -** with vanilla ice cream, strawberries and chocolate sauce **£5**

**Scoops of Ice-cream - £2 each - *please ask our team for our current selection***

**(V = Vegetarian, VG = Vegan, VGO = Vegan On Request, GF = Gluten Free, GFO = Gluten Free On Request)**

**Please speak to a member of staff if you have a food allergy or intolerance**

**Our Local Suppliers**

***Meat*** *–* ***Ken Davies Butchers (Crymych)***

***Mangalitza Pork - (Penlan Heritage Meats (Cenarth)***

***Venison & Game – Tim Russell @ Country Meats (Narberth)***

***Fish & Seafood – Welsh Seafoods (Milford Haven)***

***Fruit & Veg – Total Produce (Fishguard)***

***Micro Herbs – Green Up Farm (Bwlchygroes)***

***Coffee – Bluestones Coffee (Cenarth)***

***Chutney – Wendy Brandon Handmade Preserves (Boncath)***

***Salad Leaves & Apple Juice – Clynfyw Carehome (Abercych)***

***Dairy – “Gerwyn Y Llaeth” (Cardigan) & Daioni Organic (Abercych)***

***Cheese – Caws Cenarth (Lancych) & Thins Crackers from Hedynaur (Lancych)***