



Appetisers

- Soup of the Day** ^(V) £4.95
Crusty bread
- Devilled Whitebait** £5.95
Homemade herb mayonnaise
- Goats Cheese & Crispy Serrano Ham** ^(GF) £6.95
Beetroot chutney & salad leaves
- Smoked Duck Salad** ^(GF) £6.95
Pear, walnut, honey & mustard dressing
- Sautéed King Prawns** ^(GF) £7.95
Lemon grass, ginger, spring onions & sugar snaps
- Platter of Nibbles to Share** £8.95
Olives, spiced peanuts, hummus, rosemary & sea salt croutes, tortilla crisps, sweet chilli dip & root crisps
- Seared Scallops** £9.95
Black pudding & lemon, cockle & shrimp butter



Vegetarian Dishes

All dishes £8.95

- Green Bean, Asparagus & Cheddar Tart**
Pea shoot & rocket salad
- Goats Cheese Stack** ^(GF)
Balsamic dressing & salad leaves
- Butternut Squash Rösti** ^(GF)
Chilli, ginger & garlic green vegetables
- Southern Fried Monterey Jack Wrap**
Sweet peppers, homemade coleslaw & tomato salsa
- Portobello Mushroom Pizza Bread**
Truffle oil, thyme & parmesan
- Thai Green Vegetable Curry**
Fragrant rice



Favourites

- Soup & Toastie** ^(V) £7.50
Cheese & onion & coleslaw
- Andrew Rees' Sausage & Mash** £8.95
Pork & black pudding sausages, creamed leeks & mash
- Grilled Haddock Welsh Rarebit** £9.95
Creamed potatoes
- Steak Sandwich** £9.95
Sautéed onions, mushrooms, coleslaw & salad
- Southern Fried Chicken Wrap** £9.95
Sweet peppers, homemade coleslaw & tomato salsa
- Moules Mariniere** ^(GF) £9.95
White wine, shallots, parsley & cream
- Seafood Linguine** £10.95
Clams, cockles, & shrimp in a cream & white wine sauce
- Chicken Thai Green Curry** ^(GF) £10.95
Fragrant rice



We also offer:

Sunday Roast Lunches
12pm till 2pm

Afternoon Tea
12pm till 4pm daily
(reservation required)



Grills

*Served with Roasted Vine Tomatoes,
Button Mushrooms & Homemade Chips*

8oz Rib Eye Steak ^(GF) £18.95

Peppercorn sauce, blue cheese sauce or
Café de Paris butter

8oz Sirloin Steak ^(GF) £17.95

Go Large - 2 x 8oz £23.95

Peppercorn sauce, blue cheese sauce or
Café de Paris butter

10oz Gammon Steak ^(GF) £12.95

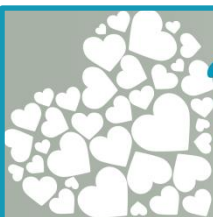
Egg & pineapple

Chicken Breast ^(GF) £12.95

Lemon, garlic & glazed with honey

Salmon Steak ^(GF) £12.95

Asparagus & herb mayonnaise



Burgers

Plas Classic Burger £10.95

Hand cut chips, sautéed onions & mustard
mayonnaise

Plas Cajun Chicken Burger £10.95

Hand cut chips & burger relish

Add extra toppings £1 each

- Perl Las (Welsh Blue Cheese)
- Perl Wen (Welsh Brie Cheese)
- Cheddar Cheese
- Monterey Jack Cheese
- Café de Paris Butter
- Black Pudding
- Smoked Bacon



Entrees

Grilled Monkfish ^(GF)

Lightly spiced, coconut cream sauce & a
rice timbale £18.95

Sticky Teriyaki Duck Fillet

Sweet potatoes with sesame & sautéed
greens £17.95

Pan Fried Bass Fillet ^(GF)

Laver bread, mashed potatoes, shrimp &
cockle butter £17.95

Roast Belly Pork ^(GF)

Plum sauce, crushed new potatoes &
spring greens £13.95



Sides

Marinated Olives ^(GF) £2.50

Crusty Bread £1.95

Garlic Bread £4.50

Garlic Bread with Cheese £4.95

House Salad ^(GF) £3.45

Seasonal Vegetables ^(GF) £3.45

Sweet Potato Fries £3.25

Hand Cut Chips ^(GF) £2.95

Creamed Mash £4.50

Parmesan & truffle oil

Sautéed Potatoes £3.50

Café de Paris butter





Little Ones

All £6.95

Homemade Chicken Goujons
Chips & beans

Homemade Fish Goujons
Chips & beans

Roasted Pork Sausage
Mash & peas

Mini Gammon Steak ^(GF)
Chips & fried egg

Pasta ^(V)
Tomato sauce or creamy cheese sauce

Scampi
Chips & peas



Desserts

Dessert of the Day
Please ask for today's choice

Crème Brûlée ^(GF)
Caramelised orange

Syllabub ^(GF)
Old English spiced cream, ginger & brandy snap

“Cariad” Coffee & Chocolate Cup ^(GF)
Amaretti biscuits

Raspberry & Hazelnut Meringue Roulade ^(GF)

Taster of Welsh Cheeses
Traditional accompaniments

A selection of Sorbet from Fire & Ice, Narberth also available; please ask your server

All £6.95

If you have any dietary requirements, allergies or intolerances please ask a member of staff for advice or our allergen Information sheet





We promote the very best of fresh, seasonal food that Pembrokeshire has to offer.

Our food suppliers include

Cariad Coffee

Andrew Rees Butchers, Narberth

Wisebuys, Narberth

Fire & Ice, Narberth

Castell Howell Foods

Proper Welsh Milk

Victoria Bakery, Laugharne

Templeton Beer Wine and Spirit

'Mark the Shark', Milford Haven

Glyn Thomas Vegetables

www.plashyfriedhotel.com

01834 869006

