

# Appetisers

**Soup of the Day** <sup>(V)</sup> £4.95  
Crusty bread

**Devilled Whitebait** £5.95  
Homemade herb mayonnaise

**Couscous & Chickpea Bowl** <sup>(V)</sup> £5.95  
Sundried tomato, mint, parsley & feta cheese

**Goats Cheese & Crispy Serrano Ham** <sup>(GF)</sup> £6.95  
Beetroot chutney & salad leaves

**Smoked Duck Salad** <sup>(GF)</sup> £6.95  
Pear, walnut, honey & mustard dressing

**Moules Mariniere** <sup>(GF)</sup> £6.95  
White wine, shallots, parsley & cream

**Platter of Nibbles to Share** £8.95  
Olives, spiced peanuts, hummus, rosemary & sea salt croutes, tortilla crisps, sweet chilli dip & root crisps

# Favourites

**Chicken Caesar Salad** £8.95  
Crisp lettuce & smoked bacon

**Warm Salmon & Dill Salad** <sup>(GF)</sup> £8.95  
New potatoes, lemon & dill dressing

**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

**Tempura Prawns & Rice Noodles** <sup>(GF)</sup> £9.95  
Lime, coriander, soy & chilli dip

**Seafood Linguine** £10.95  
Clams, cockles, & shrimp in a cream & white wine sauce

**Chicken Thai Green Curry** <sup>(GF)</sup> £10.95  
Fragrant rice

# Vegetarian Dishes

*All dishes £8.95*

**Green Bean, Asparagus & Cheddar Tart**  
Pea shoot & rocket salad

**Roast Butternut Squash Salad** <sup>(GF)</sup>  
Beetroot, pine nuts & avocado

**Broad Bean & Pea Pate** <sup>(GF)</sup>  
Mint & pea shoot salad, crusty bread, chilli & tomato salsa

**Mozzarella & Mushroom Pizza Bread**  
Thyme & parmesan

**Thai Green Vegetable Curry** <sup>(GF)</sup>  
Fragrant rice

**Sea Vegetable Tart**  
Tomato tabbouleh



We also offer:

**Sunday Roast Lunches**  
12pm till 2pm

**Afternoon Tea**  
12pm till 4pm daily  
(Reservation required)

**Cocktails**  
2 for 1 - 5pm till 6pm



# Grills

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

**8<sup>oz</sup> Rib Eye Steak** <sup>(GF)</sup> £18.95

Peppercorn sauce, blue cheese sauce or  
Café de Paris butter

**8<sup>oz</sup> Sirloin Steak** <sup>(GF)</sup> £17.95

**Go Large - 2 x 8<sup>oz</sup>** £23.95

Peppercorn sauce, blue cheese sauce or  
Café de Paris butter

**10<sup>oz</sup> Gammon Steak** <sup>(GF)</sup> £12.95

Egg & pineapple

**Chicken Breast** <sup>(GF)</sup> £12.95

Lemon, garlic & glazed with honey

**Salmon Steak** <sup>(GF)</sup> £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

**Minted Lamb Burger** £10.95

Hand cut chips & yogurt dip

*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

**King Prawn & Grilled Monkfish**

**Skewers** <sup>(GF)</sup> £18.95

Couscous timbale, tomato, chilli & lime

**Sticky Teriyaki Duck Fillet** £17.95

Sweet potatoes with sesame & sautéed  
greens

**Pan Fried Bass Fillet** <sup>(GF)</sup> £17.95

Laver bread, mashed potatoes, shrimp &  
cockle butter

**Slow Roast Belly Pork** £13.95

Fresh plum BBQ sauce & creamed mashed  
potatoes



# Sides

**Marinated Olives** <sup>(GF)</sup> £2.50

**Crusty Bread** £1.95

**Garlic Bread** £4.50

**Garlic Bread with Cheese** £4.95

**House Salad** <sup>(GF)</sup> £3.45

**Seasonal Vegetables** <sup>(GF)</sup> £3.45

**Sweet Potato Fries** £3.25

**Hand Cut Chips** <sup>(GF)</sup> £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 <sup>(GF)</sup>  
Chips & fried egg

Pasta <sup>(V)</sup>  
Tomato sauce or creamy cheese sauce

Scampi  
Chips & peas



# Desserts

Dessert of the Day  
Please ask for today's choice

Crème Brûlée <sup>(GF)</sup>  
Caramelised orange

Lemon & Almond Polenta Cake <sup>(GF)</sup>  
Seasonal fruit compote

“Cariad” Coffee & Chocolate Cup <sup>(GF)</sup>  
Amaretti biscuits

Mango & Pistachio Fool <sup>(GF)</sup>  
Coconut cream

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 for our allergen Information sheet





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

*Our food suppliers include*

Andrew Rees Butchers, Narberth

Cariad Coffee

Castell Howell Foods

Fire & Ice, Narberth

'Mark the Shark', Milford Haven

Proper Welsh Milk

Templeton Beer Wine and Spirit

Victoria Bakery, Laugharne

Wisebuys, Narberth

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