

Appetisers

Soup of the Day ^(V) £4.95
Crusty bread

Devilled Whitebait £5.95
Homemade herb mayonnaise

Couscous & Chickpea Bowl ^(V) £5.95
Sundried tomato, mint, parsley & feta cheese

Goats Cheese & Crispy Serrano Ham ^(GF) £6.95
Beetroot chutney & salad leaves

Smoked Duck Salad ^(GF) £6.95
Pear, walnut, honey & mustard dressing

Moules Mariniere ^(GF) £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 ^(GF) £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 ^(GF) £9.95
Lime, coriander, soy & chilli dip

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

Chicken Thai Green Curry ^(GF) £10.95
Fragrant rice

Vegetarian Dishes

All dishes £8.95

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

Roast Butternut Squash Salad ^(GF)
Beetroot, pine nuts & avocado

Broad Bean & Pea Pate ^(GF)
Mint & pea shoot salad, crusty bread, chilli & tomato salsa

Mozzarella & Mushroom Pizza Bread
Thyme & parmesan

Thai Green Vegetable Curry ^(GF)
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^{oz} Rib Eye Steak ^(GF) £18.95

Peppercorn sauce, blue cheese sauce or
Café de Paris butter

8^{oz} Sirloin Steak ^(GF) £17.95

Go Large - 2 x 8^{oz} £23.95

Peppercorn sauce, blue cheese sauce or
Café de Paris butter

10^{oz} 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

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 ^(GF) £18.95

Couscous timbale, tomato, chilli & lime

Sticky Teriyaki Duck Fillet £17.95

Sweet potatoes with sesame & sautéed
greens

Pan Fried Bass Fillet ^(GF) £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 ^(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

Lemon & Almond Polenta Cake ^(GF)
Seasonal fruit compote

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

Mango & Pistachio Fool ^(GF)
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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