

Dinner Menu

Starters

- VG **soup of the day** *with a crusty bread roll* £4.00
- VG **summer berries jelly** £4.50
- smoked mackerel compote** *served with melba toast and a watercress & horseradish dressing* £5.50
- duck & spring onion filo parcel** *on a spinach & endive salad drizzled with hoi sin sauce* £6.50
- G **shell on king prawns** *infused in a lemon, parsley & stem ginger butter* £7.75

Main Course

- G **supreme of chicken** *stuffed with scallions & perl wen cheese, wrapped in smoked bacon with basil & tomato* £12.75
- G **spiced honey glazed pork skewers** *on a bed of oriental rice, served with sweet chilli marmalade* £10.00
- griddled Welsh lamb** *on a crisp, parsley & cream cheese crouton, with a garden mint & pea filo cup served with a Madeira sauce* £14.75
- G **Moroccan lamb cutlet** *marinated in garlic, ground almonds and cumin, with an apricot and parsley cous cous* £13.75
- VG **wild mushroom, roasted almond & tarragon pesto linguine** £9.75
- VG **roasted bell pepper** *with red onions, courgette, aubergine & tomatoes au gratin* £9.75
- G **home made fish cakes** *served with a gherkin & lemon hollandaise sauce and a white onion & red pepper salsa* £9.75
- VG **fourcroft superfood salad** £6.50
- with griddled chicken* £10.50
- with prawns* £10.00
- G **fish catch of the day** – *please see fish board or ask your waiter for details*

G	Welsh sirloin steak	£17.50
G	Welsh fillet steak	£19.50
G	Welsh ribeye steak	£16.50

all served with tomato, onion rings and button mushrooms and available with brandy & cracked black peppercorn or Penderyn Welsh whisky sauces

Quick Bites

	Mexican-style three bean cashew nut & cherry tomato enchilladas with grilled cheese	£7.50
	breaded whole tail scampi with tartare sauce	£8.50
G	pan fried strips of Welsh beef with mixed bell peppers & cashew nuts in a sweet chilli sauce	£8.75
	braised Welsh steak pie in a rich Felinfoel ale sauce with mushrooms, onion and tarragon	£8.75

Sides

	<i>potatoes – french fries, pembrokehire new or creamy garlic</i>	£1.50
	<i>vegetables – a seasonal selection</i>	£2.50
	<i>salads – green or mixed</i>	£2.50

Sweets

	chefs' sweets of the day – please ask your waiter for details	£5.95
	local farmhouse ice creams	£3.95
	welsh cheeseboard	£5.95
	fresh filter coffee	£1.50

V – Vegetarian

G – Gluten free

chefs: Helen Morgan, Sam Askew, Joe Easterlow