

Breakfast

Served 9am - 11.30am

Farm Eggs on Toast V	£6.00
Additional extras	
Mushrooms £1	Halloumi £1.5
Cherry Tomatoes £1	Sausage £1.5
Beans £1	Black Pudding £1.5
Bacon £1	Crushed Avocado £2

Full Welsh Breakfast £10.00

Sausages, Bacon, Mushrooms, Beans, Fried Egg, Savoury Welsh Cake, Roasted Cherry Tomatoes and Sautéed Potatoes (served with Toast).

Veggie Breakfast £10.00

Veggie Sausages, Mushrooms, Beans, Savoury Welsh Cake, Fried Egg, Roasted Cherry Tomatoes and Sautéed Potatoes (served with Toast).

Veggie Benedict £9.00

Spinach, Garlic, Roasted Field Mushrooms, Poached Egg and Hollandaise Sauce with Toasted Muffin.

Porridge made with Y Felin Oats £6.00

Choose two toppings
Mixed Berries, Banana, Honey, Strawberry Jam, Maple Syrup, Peanut Butter, Caldey Chocolate.

Toast £3.00

With Sue's Homemade Jam or Marmalade.

Served all Day

Bacon or Sausage Bap **£5.00**
Add an Egg: £1

Brunch Burger **£9.00**
Bacon, Avocado, Halloumi, Fried Egg and Sweet Chilli Mayonnaise, served with Sautéed Potatoes



Lunch

Served 12noon - 3.30pm

Homemade Soup of the Day £6.00

Served with Fresh Artisan Bread and Welsh Butter.

Welsh Rarebit £1.5

Tenby Ale, Welsh Cheddar and Mustard on Toast, topped with Sautéed Mushrooms.
Add Poached Egg: £1

Falafel Wrap £1.5

Sweet Potato Falafel, Hummus, Tomato and Salsa Wrap.
Add Halloumi: £1.5

Caesar Salad £9.50

A crisp Salad, layered with Little Gem Lettuce, Cucumber, Cherry Tomatoes, Croutons and Parmesan Cheese finished with a rich Caesar Dressing.

Beetroot Salad £9.00

Roasted Beetroot, Goats Cheese and Granola Salad with Balsamic Dressing

Ploughman's Lunch £10.50

Ham, Sausage Roll, Local Cheeses, Pickles, Salad, Grapes and Crusty Bread.

Ham Sandwich £8.00

Honey Roasted Ham, Red Onion Chutney and Tomato, served in a fresh Bap with Rainbow Slaw, Fresh Leaves and Crisps.

Cheese Sandwich £8.00

Cheddar and Pickle, served in a fresh Bap with Rainbow Slaw, Fresh Leaves and Crisps.

Hazelwell Farm Organic Rare Breed £12.00

Steak Sandwich

Organic steak, with onion, mushroom and whole grain mustard mayonnaise, served in a fresh Bap with Fresh Leaves, Crisps and homemade rainbow slaw.



Little Chicks

Served 12noon - 3.30pm



Sausage, Beans & Sautéed Potatoes **£5.50**

Penne Pasta **£5.50**

With a Pesto or Tomato Sauce and Grated Cheddar

'Little Farmers' Picnic **£5.50**

Ham or Cheese Sandwich, Grapes, Carrot and Cucumber Sticks and Crisps.

£8.50

£9.50

£9.00

£10.50

£8.00

£8.00

£12.00

Treats

A selection of home-baked Cakes **£3.80**

Please view at the counter.

A selection of home-baked Tray Slices **£3.20**

Please view at the counter.

Please order & pay at the counter!

Our food does contain allergens - please talk to a member of staff to discuss allergen details. All our food is cooked to order - please be patient in busy times.

V = Vegetarian Vgn = Vegan
VR = Vegetarian Request
VgnR = Vegan Request



Coffee

Americano	£3.00
Served with Milk on the side.	
Cappuccino	£3.40
Latte	£3.40
Flat White	£3.20
Mocha	£3.60
Hot Chocolate:	
Plain	small / large £2.7 / £3.00
Plus Cream and Marshmallows	small / large £3.40 / £3.80
Babbicino	£1.20
Add Vanilla, Caramel or Hazelnut Syrup Shot	50p
Oat Milk, Soy Milk or Coconut Milk	50p

Tea

Choose from tea blends below

English Breakfast	£2.80
Classic Earl Grey	£2.80
Green	£2.80
Mixed Berry	£2.80
Chamomile	£2.80
Lemongrass & Ginger	£2.80
Peppermint	£2.80

Soft Drinks

Please choose from the shop:

Pembroke Apple Juice	£3.00
Orange Juice	£2.50
Coca Cola / Diet Coke	£2.50
Victorian Lemonade	£2.50
Ginger Beer	£2.50
Raspberry Lemonade	£2.50
Elderflower Pressé	£2.50
Princes Gate Water - Sparkling or Still	£1.50
Strawberry or Chocolate flavoured Milk	£1.50
Ribena Carton	£1.50
Milkshakes - made with Frozen Yoghurt, Milk and Real Fruit	
Strawberry	£4.00
Banana	£4.00
Chocolate	£4.00



Beer

Dead Canary IPA 5% (440ml) - Glamorgan Brewing	£4.40
Welsh Lager 4.7% (440ml) - Glamorgan Brewing	£4.40
Ffresch Juicy Pale Ale 4.4% (440ml) - Glamorgan Brewing	£4.40
Son of a Beach Tropical Pale 4.2% (440ml) - Tenby Brewing	£4.80
Beach Lager 4% (330ml) - Tenby Brewing (gluten free & vegan)	£3.00
Hammerhead Westcoast IPA 6% (440ml) - Tenby Brewing	£4.80
Sea Bass 3.9% (500ml) - Harbwr Tenby	£4.40
MV Enterprise 4% (500ml) - Harbwr Tenby	£4.40
North Star Amber Ale 4.2% (500ml) - Harbwr Tenby	£4.40
Clwb Tropica Non-Alc 0.5% (330ml) - Tiny Rebel	£2.80

Cider

Orchard Gold Sweet Cider 4.9% (500ml)	£4.40
Black Dragon Dry Cider 6.5% (500ml)	£4.40
Pembrokeshire Cider Co. Dry Henry VIII 6% (500ml)	£4.40

Wine

	125ml	175ml	250ml	Bottle
House White Wine	£5.00	£6.00	£7.00	£16.00
Sauvignon Blanc				
House Red Wine	£5.00	£6.00	£7.00	£16.00
Shiraz				
House Prosecco		200ml Bottle		Bottle
		£8.00		£18.00

For more Choice Please see our drinks fridge inside the shop

Please order & pay at the counter!