Carreg Las

SUMMER MENU

WELCOME TO CARREG LAS

Exceptional quality & service are paramount at Carreg Las where our chefs carefully prepare and cook only the best seasonal produce to bring to life our exquisite menu.

A TASTE OF PEMBROKESHIRE

From season to season, the wild and abundant landscape of Pembrokeshire offers up new and exciting flavours and textures which are harnessed by our chef to produce a dining experience that provides a real sense of place.

Our fresh ingredients are sourced locally, with herbs and flavours hand-picked from the surrounding National Park. Each of our dishes maintains the same ethos – fresh, inspired cuisine with a true taste of rural Pembrokeshire.

Every course served at Carreg Las is individual, unique and consistently exquisite.

With fresh fruit and vegetables from Wisebuys in Narberth, fresh meat & game from Eynon's of St Clears, and fresh fish from our coastlines, we believe in supporting local businesses wherever possible.

Carreg Las Restaurant
Open Wednesday to Saturday
From 5pm
Last Orders at 9pm

Carreg Las

SUMMER MENU

TO BEGIN

ST BRIDE'S BAY CRAB
£8.00
served with a fresh salad array of pineapple, avocado & cucumber

BUTTER POACHED GURNARD
£7.00
infused with orange & garlic flavours and garnished with smoked roe

BARBEQUED WELSH BEEF RIB TERRINE
£7.00
served with crunchy blackened baby corn and a sweet salsa

GARDEN PEA AND BROAD BEANS
£6.00
adorned with summer herbs & blossoms and dressed with crab salt

COMPRESSED WATERMELON (V)
£6.00
served with creamy goats cheese curd and embellished with chicory & a fresh raspberry vinaigrette

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MAIN EVENT

WELSH BEEF SIRLOIN
£22.00
served with crumbed liver, vine tomato & garlic with an accompaniment of potato

SUPREME OF WOOD PIGEON
£18.00
complimented with gingerbread gnocchi and a celeriac, parsnip & broccoli assortment

FILLET OF GREY MULLET
£16.00
garnished with an array of freshly-picked sea herbs, a cabbage & cockle choucroute and accompaniment of potato

MIDDLE WHITE PORK CHOP
£16.00
with a cider apple sauce, a medley of seasonal baby root vegetables and Boksberg blue cheese & walnut embellishment

HARVEST GRAIN BARA BRITH (V)
£15.00
served with a miscellany of marinated seasonal vegetables, creamy mozzarella and sage popcorn

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DESSERTS

CHOCOLATE FONDANT(GF)
£7.00
served with cookie crumb and cream cheese ice cream

FROZEN PEAR
£7.00
infused with cinnamon served with hot blackcurrant jam and baked nut granola

BLOOD ORANGE PANACOTTA
£6.00
layered with tarragon ice cream and a sumptuous berry daiquiri

ITALIAN MERINGUE
£6.00
with a light and creamy sabayon and bejeweled with summer berries

CHEESE BOARD FOR ONE
with oat biscuits, celery, lavoche flat breads, pickled walnuts and chutney
£7.00

BAKED CENARTH GOLD SOFT CHEESE FONDUE TO SHARE
drizzled with finely chopped confit garlic oil and served with crudités of mixed vegetables and olive breadsticks
£11.00

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