





Salads & Light Bites

"The Emperor" |12.50 | GF* VE

Romaine lettuce, herb croutons, vegan mayo, roasted oyster and chestnut mushrooms, charred shallots, and spring onions

"The Caesar" |12.50 | GF*

Romaine lettuce, herb croutons, Caesar dressing, white anchovies, hardboiled egg, and grated Grana Levanto cheese

Add home-cured smoked turkey breast | 4 |

"The Cobb" |15 | GF

Home-cured smoked turkey breast, crispy bacon, cherry tomatoes, hardboiled egg, avocado and Perl las dressing

Light Bites

Spiced cauliflower wings |8| VE*

Crispy coated cauliflower bites tossed in our own buffalo sauce served with vegan mayo, or Perl las dip and celery sticks

Buffalo wings |9.50| GF*

Crispy chicken wings tossed in our own buffalo sauce with Perl las dip and celery sticks

Rarebit |8|

Homemade Y-Felin stone-ground bread topped with Bluestone ale rarebit and spiced onion chutney

Crackling |4| GF

Crispy pork crackling strips served with a mild chilli apple sauce

Bluestone cockle chowder [9]

Tender Gower cockles in a rich creamy broth with Pembrokeshire potatoes and spring onions, served with Y-Felin homemade bread











From the Grill

All served with rainbow slaw and chips.

Upgrade to sweet potato fries |1|

8oz Sirloin |22 | GF 10oz Ribeye |26 | GF Louisiana monkfish skewer |19 | 8oz Home-cured bacon chop |18 | GF Add fried eggs |3 | GF Add pineapple |2 | GF

Sesame tofu, courgette, and aubergine parcels | 16 | GF VE*

Fresh salmon fillet | 19 | GF

Add garlic king prawns to your dish | 9 | GF

Add a grilled Pembrokeshire lobster tail with a pot of melted Welsh butter | 18.50 | GF

From the Smoker

All served with rainbow slaw and chips. *Upgrade to sweet potato fries* |1|

Our very own spiced Bluestone hot dog | 16 |

Served in a bun with onions and mustard Add beef or vegetable chilli **[4]**

Moving Mountains plant based hot dog | 16 | VE

Served in a bun with onions and mustard.

Add beef or vegetable chilli |4|

The beef we use is sourced from Pembrokeshire, Carmarthenshire and Ceredigion farms under the Landsker brand and aged for a minimum of 21 days.

Our fresh chicken is from Capestone farm in South-West Pembrokeshire.

Our bread flour is sourced from Y-felin flour mill in St Dogmaels, Pembrokeshire www.y-felin.com

Car-y-mor supply us with fresh local lobster, crab and edible seaweed products.

Find out more @ www.carymor.wales

Why not try one of our homemade sauces? |4|

Signature Barbeque GF VE

Sweet and tangy with a good smoky flavour

Spicy Buffalo GF VE

Hot and sour with smoky notes

Carolina Mustard GF VE

Vinegar and mustard based sauce ideal with chicken

Homestyle chicken gravy GF

Perfect for dipping!

Creamy Peppercorn GF V

A classic steak sauce



GF – Gluten free / GF* – Can be made gluten free
 V – Vegetarian / V* – Can be made vegetarian
 VE – Vegan / VE* – Can be made vegan









Burgers

Choose from a 6oz Landsker beef patty, Moving Mountains plant-based patty VE or our signature coated Capestone chicken breast GF*, with lettuce, tomato and pickles Served in a brioche bun, gluten free and dairy free buns are available

All burgers are served with chips or baked potato, upgrade to sweet potato fries for |1|

"The Bare" |14.50|

Just the burger nothing else

"The Templar" |16.50|

Smoked streaky bacon, Monterey Jack

"The Merlin" |18.50|

BBQ pork belly, chilli mayo, kimchee

"The Preseli" |18|

Home-cured smoked sliced turkey breast, ranch dressing

"The Caldey" |17.50|

Grilled halloumi, humous, roasted peppers, oregano dressing

"The Forest" |16.50|

Roasted oyster and chestnut mushrooms, vegan garlic mayo, charred shallots, in a vegan sourdough bun

"The Skomer" | 17.50|

Jalapenos, chipotle salsa, sour cream, guacamole

Upgrade your burger with...

Smoked streaky bacon |2.50| GF Grilled halloumi |4.50| GF

BBQ pork belly |4.50| GF Monterey Jack cheese |2.50| GF V

Extra Landsker beef patty |4.50| Moving Mountains plant based patty VE |4.50|

Bluestone fried chicken |4.50| GF*











Sharing Platters

Why not try one of our platters, a selection of tasty treats, great to share

"The Meaty one" |26|

Homemade Y-Felin bread,
Bluestone sausage, spicy chicken wings,
cup of chilli, charred corn cobs, seasonal
greens, bacon loaded potato skins with
sour cream and spring onions, jalapeno
poppers.

"The Veggie one" |23 | VE*

Homemade Y-Felin bread,
Moving Mountains hot dog, cauliflower bites,
cup of veg chilli, charred corn cobs, seasonal
greens, loaded potato skins with sour cream
and spring onions, roasted chestnut and oyster
mushrooms, jalapeno poppers

Sides

Lobster thermidor mac and cheese | 12 |

Car-Y-Mor Pembrokeshire lobster meat in a rich sauce, topped with a panko crumb.

Mini Caesar salad |6.50 | GF*

Garlic bread |4|

Cheesy garlic bread |4.50|

Roasted chestnut and oyster mushrooms |4.50| GF VE

Baked potato with butter |4| VE*
Add sour cream |1|

Loaded potato skins

Bacon, cheese, and spring onion |7| GF
Cheese and spring onion |6| GF V

Sautéed vegetables of the day |4| GF VE*
Cajun butter/ Butter

Chips |4| GF VE

Sweet potato fries |4.50| GF VE











Desserts and Sundaes

Glazed doughnut |7.50|

A glazed ring doughnut with Joe's vanilla ice cream, chocolate sauce and a flake

Raspberry and white chocolate pavlova |8.50|

Crisp meringue, white chocolate mousse, raspberries, and fresh cream on a sponge base

Chocolate pecan pie |7.50| VE

Maple flavoured pecan pie with chocolate chips and cream

Key lime pie |8.50|

Buttery pastry filled with a tangy lime cream, topped with soft meringue peaks

Chocolate brownie |7.50| GF

Gooey chocolate brownie with Joe's vanilla ice cream

Cheesecake cookie crumble sundae |8.50|

Cheesecake pieces, Joe's vanilla ice cream, berries, chocolate chip cookie crumble and whipped cream



