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## While you wait

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**Homemade bread selection** VE **8.5**  
With dipping oil, olives and garlic butter

**Bowl of olives** VE **4**  
Mixed marinated olives

**Antipasti** GF **11.5**  
Salami, prosciutto, sun dried  
tomato, olives, rocket, burrata

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## Starters

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### Dough balls

Garlic butter **VE\*** **6.00**

Laverbread pesto and parmesan **VE\*** **7.50**

### Homemade mozzarella dippers **7.50**

Rich tomato or hot honey dip **v**

### Tomato bruschetta **v** **6.50**

Focaccia, basil, cherry tomatoes, burrata, balsamic, pickled shallot

### Pembrokeshire crab **8.00**

#### bruschetta

Focaccia, crab, lemon, dill  
Pembrokeshire rapeseed oil

### Caprese salad **v/GF** **7.50**

Burrata, tomato, parmesan shavings  
rocket, balsamic and basil oil

### Arancini **GF\*/VE\*** **8.00**

Laverbread pesto, parmesan, rocket,  
Pembrokeshire rapeseed oil

### King prawns **9.50**

King prawns in spicy tomato sauce with  
homemade bread

### Starter sharing platter **v** **15.00**

Dough balls, tomato bruschetta,  
mozzarella dippers, arancini, dips



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## Mains

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### Laverbread pesto pasta <sup>VE/GF\*</sup> 17.50

Linguine, laverbread pesto, artichoke hearts, mixed vegetables

### Spaghetti Bolognese <sup>GF\*</sup> 18.00

Welsh beef Bolognese, spaghetti, parmesan

### Carbonara <sup>GF\*</sup> 19.00

Spaghetti, pancetta, egg, parmesan

### Lamb ragu <sup>GF\*</sup> 20.00

Pappardelle, slow cooked lamb ragu, parmesan

*Gluten free penne pasta can be used to create alternative options of the above dishes*

### Spinach & ricotta cannelloni <sup>v</sup> 19.00

Cannelloni, spinach, homemade ricotta, tomato sauce, mozzarella

### Macaroni cheese <sup>v</sup> 18.00

Macaroni cheese, herb and parmesan crust

Add king prawns 4.00

Add Pembrokeshire crab 4.00

Add chicken 3.00

### Vegetable risotto <sup>GF/VE\*</sup> 17.50

Mixed vegetables, crispy kale

Add king prawns 4.00

Add Pembrokeshire crab 4.00

Add chicken 3.00

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## Pizza

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*Traditional Neapolitan style pizza using slowly fermented dough for a light crust, topped with marinara sauce and brushed with garlic butter*

### Margherita <sup>GF\*/V/VE\*</sup> 15.00

Cherry tomato, fresh basil, mozzarella, parmesan, Pembrokeshire rapeseed oil

### Marinara <sup>GF\*/V/VE\*</sup> 14.00

Cherry tomatoes, fresh basil

### Goats cheese and charred 19.00

leek <sup>GF\*/V</sup>  
Goats' cheese, leeks, mozzarella parmesan and balsamic

### Confit garlic & 15.50

#### mascarpone <sup>GF\*/V</sup>

Confit garlic, mascarpone, mozzarella (no marinara sauce)

### Spicy nduja <sup>GF\*</sup> 19.00

Nduja, marinara sauce, mozzarella, red peppers, hot honey

### Molto carne <sup>GF\*</sup> 21.00

Salami Milano, proscuitto, pepperoni, chorizo

### Pepperoni <sup>GF\*</sup> 18.50

Pepperoni, mozzarella

Add any extra meat topping 3.00

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## Sides

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<b>Chips</b> GF/VE	<b>4.50</b>
<b>Garlic &amp; parmesan chips</b> GF/V Garlic butter chips topped with parmesan	<b>6.50</b>
<b>Sautéed vegetables</b> GF/V	<b>4.50</b>
<b>Garlic flatbread</b> V/GF*	<b>6.00</b>
<b>Cheesy garlic flatbread</b> V/GF*	<b>7.50</b>

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## Sauces

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<b>Diavolo (spicy)</b> VE/GF	<b>2.00</b>
<b>Garlic &amp; herb</b> V/GF	<b>2.00</b>
<b>House dipping oil</b> VE/GF	<b>2.00</b>

## Children

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### Pizza

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<b>Margherita</b> V/VE*	<b>7.50</b>
<b>Marinara</b> V/VE*	<b>7.00</b>
<b>Goats cheese and leek</b> V	<b>8.50</b>
<b>Spicy nduja</b>	<b>9.00</b>
<b>Molto carne</b>	<b>9.50</b>
<b>Pepperoni</b>	<b>8.50</b>

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### Mains

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<b>Mac 'n' cheese</b> V	<b>8.50</b>
<b>Tomato pasta</b> VE/GF*	<b>8.50</b>
<b>Laverbread pesto pasta</b> VE*/GF*	<b>8.50</b>
<b>Mixed vegetable risotto</b> GF/VE*	<b>8.50</b>
<i>Add chicken to any of the above</i>	<b>2.00</b>
<b>Spaghetti bolognese</b> GF*	<b>9.50</b>

**V** - Vegetarian / **V\*** - Can be made vegetarian.

**VE** - Vegan / **VE\*** - Can be made vegan.

**GF** - Gluten Free / **GF\*** - Can be made gluten free.

# To Finish

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## Desserts

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**Pistachio cannoli** v **8.50**

Cannoli shell filled with pistachio cream, dipped in dark chocolate with vanilla ice cream

**Lemon posset** GF\* **8.50**

Shortbread crumb, berry compote, Italian meringue

**Tiramisu** v **8.50**

Infused with Pembrokeshire's Barti rum.

**Affogato** VE\*/GF **6.50**

Espresso, Mario's ice cream and chocolate shavings.

**Profiteroles** v **7.00**

Vanilla cream filled choux puffs topped with chocolate, and drizzled with toffee sauce.

**Mario's ice cream trio** GF\* **6.50**

**Single scoop of  
Mario's ice cream** GF\* **2.50**

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