

LUNCH 11³⁰ - 3⁰⁰



Platters & Salads

Welsh Ploughman's (V) £8⁵⁰
A Selection Of Welsh Cheese's, Welsh Chutney & Salad, Served With Rustic Bread & Pickled Onions. Add Pembrokeshire Ham £9⁵⁰

Seafood Platter Of The Day £9⁵⁰
A Jumble Of Fresh Fish Served With Fresh Tartare Sauce, Salad & Bread.

Antipasto Platter £9⁰⁰ A
Selection Of Cured Meats, Olives, Roasted Pepper & Feta Cheese Salad & Warm Bread & Sweet Balsamic Glaze.

Croquettes Of The Day £7⁵⁰
Served With Salad & Homemade Chilli Jam

Classic Caesar Salad (V) £8⁰⁰
Crunchy Lettuce With Fresh Parmesan Cheese, Croutons & Creamy Dressing. Add Chicken & Bacon £10⁵⁰

Glamorgan Sausages (V) £8⁵⁰
Welsh Cheese & Leek Sausages Served With Salad & Welsh Chutney.

**** Please Inform A Member Of Staff Of
** Any Dietary Requirements Or
Allergies**

We Stock **Gluten Free** Beer & Breads, & Make Gluten Free Cakes (Please Ask What's Available)

We Stock **Locally Made Vegan** Ales.
We Stock **Milk Alternatives**.

We Use **Locally Roasted Coffee**.

We Use **Local Suppliers & Local Produce** Where Possible.

We Use **As Much Of Our Homegrown Salad, Herbs, Fruit & Vegetables**. Free Range Eggs As Possible.

Vegan

Mediterranean Bowl £9⁰⁰ A Deep Filled Bowl Of Falafels Served With Leaves & A Olive, Onion, Tomato & Parsley Salad With A Tahini Dressing.

Vegan Toasted Stack OF The Day £8⁵⁰ Two Sliced Of Toasted Bloomer With Exciting Vegan Toppings, Served With Salad.

Vegan Dish Of The Day See Specials.

Ever Changing

Homemade Quiche Of The Day £7⁵⁰ Served With Fresh Salad.

Fresh Soup Of The Day £5⁵⁰ Served With Rustic Bread & Butter.

Pasta Dish Of The Day See Specials.

Ychydig O Blât

Little Plates For Little Mouths

Cheese & Biscuits (V) £5⁰⁰ Served With Tomato & Cucumber

Mini Soup Of The Day £3⁰⁰
Served With Bread

Mac & Cheese (V) £5⁰⁰

Ham & Salad £5⁰⁰

Bread & Buns

Castlemead Classic Burger £10⁵⁰ 8oz Welsh Beef Burger In A Bun, With Crisp Salad, Homemade Burger Relish & Pickled Gherkins & Chips.

Seafood Sarnie Of The Day £10⁰⁰ Fresh Of Milford Landed Fish In A Bun, Served With Salad, Citrus Mayonnaise Or Chilli Jam & Chips

Castlemead Club Sandwich £9⁵⁰ Chicken, Bacon, Tomato & Lettuce With Mayonnaise In Three Layered Bloomer Bread.

Olives & Breads £4⁵⁰ A Selection Of Rustic Bread, Balsamic & Mediterranean Olives.

Sweet Treats

Cream Tea £6⁰⁰ Homemade Scone, Jam & Clotted Cream, Served With A Pot Of Tea.

Welsh Cream Tea £8⁰⁰ Barabraith, Welsh Cakes & Scone, All Homemade Served With Butter, Jam & Clotted Cream.

Daily Homemade Cakes See Specials.

Homemade & Locally Made Ice Creams & Sorbets Please Ask For Available Flavours.

Breakfast 8:30^{am}-9:30^{am}

Lunches 12^{pm}-3^{pm}

Please Order & Pay At The Bar

Coffee & Cakes 11^{am}-4^{pm}

Evening Meals 6^{pm}-8^{pm}

Takeaways Are Available