



# coast deli and dining lunch time

12 noon to 3pm

<b>Moules frites</b>	<b>£9.50</b>
<i>white wine, cream, garlic. Old Bay spiced fries</i>	
<b>Tomato &amp; oregano crumble</b>	<b>£8</b>
<i>Parmesan, creme fraiche</i>	
<b>Selsig Morgannwg/Glamorgan 'sausage'</b>	<b>£8</b>
<i>A traditional Welsh croquet of leek, Caerffilli &amp; herbs. House salad, Coast slaw</i>	
<b>Feta salad</b>	<b>£8</b>
<i>Watermelon, rocket, fresh mint, citrus dressing</i>	
<b>Patchwork chicken liver pate with cointreau</b>	<b>£7.25</b>
<i>toasted sourdough, Coast red slaw</i>	
<b>Roasted crispy chicken wings</b>	<b>£7.95</b>
<i>honey, sherry vinegar, pimenton, lots of garlic. Perl Las dip</i>	
<b>Sautéed king prawns &amp; chorizo with smashed avocado</b>	<b>£9</b>
<i>toasted sourdough</i>	

<b>Bubble Benadict</b>	<b>£9.50</b>
<i>Bubble &amp; squeak, poached free range egg, sriracha Hollandaise, blistered vine tomatoes</i>	
<i>Includes one of the following~ home cooked ham, sautéed mushrooms, back bacon, black pudding, white pudding or laverbread. Additional toppings £1.25 each. Smoked salmon £3.50</i>	
<b>Big bowl of home-made soup</b>	<b>£5.25</b>
<i>Chunk of warm bread</i>	
<i>Add a slice of organic Welsh Gorwydd cheese £2.50</i>	
<b>The 'Welsh-est' of rarebits on toasted sourdough</b>	<b>£7.95</b>
<i>Includes one of the following~ home cooked ham, sautéed mushrooms, back bacon, black pudding, white pudding or laverbread. Additional toppings £1.25 each. Smoked salmon £3</i>	
<b>Salad Nicoises</b>	<b>£8.95</b>
<i>French beans, black olives, semi dried tomatoes, Pembrokeshire baby potatoes &amp; soft boiled egg</i>	
<i>~add roast chicken £4 ~add poached fresh salmon £5</i>	

## Hand made, stone baked pizza

<b>Margherita</b>	<b>£11</b>	<b>Quatro Caws</b>	<b>£12</b>
<i>Mozzarella, tomato sauce, fresh basil</i>		<i>Buffalo mozzarella, goats cheese, Parmesan, Perl Wen brie</i>	
<b>Spicy</b>	<b>£12.75</b>	<b>Deli</b>	<b>£12.50</b>
<i>Chorizo, n'duja, salami, chilli flakes</i>		<i>Roasted peppers, artichokes, olives, sun dried tomatoes, capers</i>	
<b>Seafood</b>	<b>£14</b>	<b>Chicken &amp; pesto</b>	<b>£12.50</b>
<i>Clams, mussels, prawns, crab, anchovies, samphire, laver flakes</i>		<i>roasted chicken &amp; fresh pesto</i>	

## Deli Sharing Boards

### Beachside board £30

*Garlic tiger prawns, smoked salmon, crab & prawn medley, sweet cured rollmop, razor clams with ginger & chilli, samphire, laverbread & cockle cakes, mussels, flat bread*  
(items may vary slightly depending on availability)

### Coast antipasti board £14.50

*Artichoke hearts, marinated peppers, olives, cornishons, balsamic onions, red slaw, sweet pickled garlic, caper berries, hummus, flat bread*

## Deli sandwiches on sourdough

*or 'Bara Gallegas' baguette (50p sup)*

Add a small bowl of soup or Old Bay fries £3.25

<b>Home cooked ham, Cheddar, pickle</b>	<b>£5.95</b>	<b>Coast club- chicken, bacon, egg &amp; mayo</b>	<b>£7.95</b>
<b>Back bacon, Perl Wen brie, Stokes' tomato chutney</b>	<b>£6.25</b>	<b>Crab, prawn &amp; rocket</b>	<b>£8.95</b>
<b>Humous, smashed avocado &amp; semi dried tomato</b>	<b>£5.95</b>	<b>Fresh salmon, lime mayo &amp; rocket</b>	<b>£7.95</b>

## Sides

**Garlic flat bread**  
**Home made humous**

**Coast red slaw**  
**House salad**

**£3.25**

**Artisan breads & dipping oils**  
**Old Bay seasoned skinny fries**

**Spanish gordal olives**

