



coast deli and dining lunch time

12 noon to 3pm

Moules frites £9.50

white wine, cream, garlic. Old Bay spiced fries

Tomato & oregano crumble £8

Parmesan, creme fraiche

Selsig Morgannwg/Glamorgan 'sausage' £8

A traditional Welsh croquet of leek, Caerffilli & herbs. House salad, Coast slaw

Feta salad £8

Watermelon, rocket, fresh mint, citrus dressing

Patchwork chicken liver pate with cointreau £7.25

toasted sourdough, Coast red slaw

Roasted crispy chicken wings £7.95

honey, sherry vinegar, pimenton, lots of garlic. Perl Las dip

Sautéed king prawns & chorizo with smashed avocado £9

toasted sourdough

Bubble Benadict £9.50

Bubble & squeak, poached free range egg, sriracha Hollandaise, blistered vine tomatoes

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

Big bowl of home-made soup £5.25

Chunk of warm bread

Add a slice of organic Welsh Gorwydd cheese £2.50

The 'Welsh-est' of rarebits on toasted sourdough £7.95

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

Salad Nicoises £8.95

French beans, black olives, semi dried tomatoes, Pembrokeshire baby potatoes & soft boiled egg

~add roast chicken £4 ~add poached fresh salmon £5

Hand made, stone baked pizza

Margherita £11

Mozzarella, tomato sauce, fresh basil

Spicy £12.75

Chorizo, n'duja, salami, chilli flakes

Seafood £14

Clams, mussels, prawns, crab, anchovies, samphire, laver flakes

Quatro Caws £12

Buffalo mozzarella, goats cheese, Parmesan, Perl Wen brie

Deli £12.50

Roasted peppers, artichokes, olives, sun dried tomatoes, capers

Chicken & pesto £12.50

roasted chicken & fresh pesto

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

Home cooked ham, Cheddar, pickle £5.95

Coast club- chicken, bacon, egg & mayo £7.95

Back bacon, Perl Wen brie, Stokes' tomato chutney £6.25

Crab, prawn & rocket £8.95

Humous, smashed avocado & semi dried tomato £5.95

Fresh salmon, lime mayo & rocket £7.95

Sides

Garlic flat bread

Coast red slaw

£3.25

Artisan breads & dipping oils

Spanish gordal olives

Home made humous

House salad

Old Bay seasoned skinny fries

