



GF - gluten free

GFA - gluten free friendly option available

V - vegetarian friendly

VE - vegan friendly

VEA - vegan friendly version available

We strive to keep our fryers separate for (gf)
we cannot guarantee 100% trace free of gluten
on items cooked in our fryers.

Starters

Pâté of the Week **GFA**

with granary toast and mixed salad
£8

Lobster Bisque

spicy homemade rich soup with fresh lobster
chunks, fresh bread
£10

Scallops

pan-seared, rich spicy bisque,
bacon bits, pea shoots
£14

Olives and Bread **GFA**

marinated olives, warm ciabatta, dressed salad
£8

Mushroom Bruschetta **GFA, V, VEA**

creamy garlic mushrooms
on oiled crostini
£8

Bonbons

golden fried balls of shredded foods
(ask server for today's flavours)
£10

Soup du Jour **GFA, V**

freshly made, with crusty bread
£8

Nachos **V**

with cheese, salsa, jalapeños,
sour cream and guacamole
£8

1/2 Dozen King Prawns **GF**

shell off prawns with chilli,
garlic and mixed salad
£12.00

Mains

Breaded Scampi **GFA**

with chips, homemade tartar sauce
and mixed salad
£16

Battered Cod

with chips, garden peas,
and homemade tartar sauce
£17

Chicken Curry **GFA**

mild creamy masala or spicy balti,
with rice and naan
£15 Veg option available

Fish Pie

smoked cod, salmon and king prawns
topped with creamy mash, vegetable medley
£17

Moules Marinière **GFA**

live Gower mussels steamed in garlic, white wine
and cream, with crusty bread
£10 / £17

Local Welsh Lamb **GFA**

slow roasted pressed medallions with
creamy mash, fine green beans & rosemary jus
£25

Tomato & Basil Pasta **V, VEA**

sundried & cherry tomatoes, shallots
and fresh basil
£15 add chicken £4

Mediterranean Grains **VE**

sauté vegetables & potato in a tomato sauce
with pinto beans, quinoa & pearl barley
£15

Spanish Fideuà

paella with saffron-infused orzo pasta,
king prawns, mussels, chicken, chorizo
and fresh bread
£18

From The Grill

Royal Oak Burger

beef patty, homemade tomato relish,
brioche bun, chips and mixed salad
£15

add an extra patty or smoky
bacon streaks
£3

add Caws Cenarth Cheese, mushrooms,
gherkins, or onion rings
£1

Vegetarian Burger **V**

homemade breaded cajun sweet potato
and vegetables, brioche bun, salad,
coleslaw and chips
£15

10oz Chargrilled Steaks **GF**

himalayan salt, dry-aged with
dressed salad and chips:
sirloin and sautéed mushrooms £28
ribeye and sautéed mushrooms £28

10oz Chargrilled Fillet **GF**

with dressed salad, chips and
a choice of sauce
£38

Surf and Turf **GF**

10oz sirloin steak and king prawns skewer,
chips and mixed salad
£38

Gammon **GF**

10oz steak with chips, pineapple
or egg and peas
£17.50

Wednesdays - enjoy a free pint or 175ml glass of wine with any steak



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Light Bites (available lunch time)

Fresh Sandwiches

Toasted Cheese, Tomato & Onion

BLT - The Classic!

Sausage with Onions & Mustard

Prawn & Marie Rose

fresh white sliced bloomer bread,
with homemade coleslaw and mixed salad £10

add chips £4

Croque Monsieur

Pembrokeshire ham & cheddar toasted sandwich. Topped with creamy grilled melted cheddar

£10

add a fried egg for croque madame £1

Spaghetti Bolognese

rich ragu, parmesan & garlic bread

£13

Chicken Caesar Salad

kos lettuce, warm chargrilled chicken, anchovies, croutons, homemade dressing

£13

Sharing

Bacon Nachos

crunchy tortillas with crispy bacon, cheddar, salsa, jalapeños, sour cream & guacamole

£15

Fabulous Seafood

crab and prawn bonbons, lobster bisque, king prawn skewer, live Gower mussels, dusted calamari, chips, dressed salad and chilli mayo

£35

Sweet Potato Fries GF

topped with spring onion, mozzarella and cheddar

£13

Children's Menu

served with chips and choice of peas & carrots or beans

Scampi GFA

£7.50

Chicken Nuggets

£6.50

Cheeseburger

£7.50

Margherita Pizza

£7.50

Sausage

£6.50

All children's meals come with a scoop of ice cream

choice of flavours

Sides

Freshly Cooked Chips £4

Crushed Buttered New Potatoes £4

Homemade Onion Rings £3.50

Buttered Garden Peas £3

Garlic Bread £3

(with Cheese) +£1.50

Sauces

Peppercorn £3.50

Béarnaise £3.50

Red Wine Jus £3.50

Chimichurri £3.50

Please ask about our daily specials. For homemade desserts please see blackboard.

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, peanuts and tree nuts.

If you have a food allergy or have any questions about our allergy information, please contact us or notify your server in the restaurant