



Key

- 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

Please inform a member of staff of any allergies or dietary requirements prior to ordering your meal.



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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

£8

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.

A discretionary 10% service charge will be added to your bill. Please don't feel uncomfortable letting your server know if you would like it removed, we won't be offended - thank you.

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