



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
£12

Scallops

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

Olives and Bread **GFA**

marinated olives, warm ciabatta, dressed salad
£10

Mushroom Bruschetta **GFA, V, VEA**

creamy garlic mushrooms
on oiled crostini
£10

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
£9

1/2 Dozen King Prawns **GF**

shell off prawns with chilli,
garlic and mixed salad
£14

Mains

Breaded Scampi **GFA**

with chips, homemade tartar sauce
and mixed salad
£17

Battered Cod

with chips, garden peas,
and homemade tartar sauce
£19

Chicken Curry **GFA**

mild creamy masala or spicy balti,
with rice and naan
£17 Veg option available

Fish Pie

smoked cod, salmon and king prawns
topped with creamy mash, vegetable medley
£18

Moules Marinière **GFA**

live Gower mussels steamed in garlic, white wine
and cream, with crusty bread
£12 / £18

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 £5

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
£16

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
£16

10oz Chargrilled Steaks **GF**

himalayan salt, dry-aged with
dressed salad and chips:
sirloin and sautéed mushrooms £28
ribeye and sautéed mushrooms £30

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
£18

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



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.

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

£12

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

£15

Sharing

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

£16

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 - all £8

Scampi GFA

Chicken Nuggets

Cheeseburger

Margherita Pizza

Sausage

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
Red Wine Jus
Chimichurri all £4

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

A discretional 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