

LUNCH MENU

12 – 2.30pm



NIBBLES

Mediterranean Olives	£2.95
Ciabatta Baguette, Olive Oil and Balsamic Vinegar	£3.95
Selection of Hummus with Pita Bread	£3.95

LIGHT BITES

Soup of the day (v) Served with a crusty tin loaf	£5.75
Welsh Lamb Cawl Warming welsh stew, crusty tin loaf, welsh cheddar cheese	£8.95
Farm House Pate Sun-dried tomato chutney and wholemeal toasted bread	£6.50
Smoked Mackerel Pate Served with toasted wholemeal bread	£6.95
Goats Cheese (v) Served on toasted brioche with red onion marmalade and beetroot puree	£6.95
Half or Pint of Shell on Prawns Marie rose sauce and wholemeal bread	£6.25/£11.95

SANDWICHES *White or malted ciabatta served with small salad garnish*

Tuna Mayo and Sweetcorn
Prawns in a Marie Rose Sauce and Avocado
Mozzarella, Tomato and Basil (v)

SALADS

Super Salad (v) Bulgur wheat, cucumber, red and yellow peppers, chick peas, lemon and dill with a yoghurt dressing	£11.50
<i>Add tuna</i>	£3.00
<i>Add prawns</i>	£3.00

AWARD WINNING SEAFOOD

We are immensely proud of our fresh seafood menu and are delighted to have won "Best Seafood Establishment in Wales 2016 & 2018" in recognition of this.

We feel it is important to have an extensive daily menu and an ability to go beyond serving the usual catch. Please ask one of our team for our Award Winning Seafood Menu



PUB CLASSICS

Lasagne Pembrokeshire steak mince, hand cut chips, salad garnish	£13.95
Cod and Chips Lightly beer battered, hand cut chips, tartare sauce, salad garnish	£14.50
Scampi Deep-fried whole tail scampi, hand cut chips, tartare sauce, salad garnish	£13.95
Griffin Beef Burger Hand cut chips, onion rings, red onion relish served on side, salad garnish	£14.95
Beef and Stout Pie Puff pastry pie, sweet pickled onions, mushrooms, bacon, hand cut chips, salad garnish	£14.95
Chicken and Leek Pie Puff pastry pie, leeks, mushrooms, bacon, hand cut chips, salad garnish	£14.75
Fish Pie White fish, salmon, smoked haddock and prawns topped with a welsh cheddar mash served with green steamed vegetables	£16.95
Gammon Steak 10oz Mash potato, green steamed vegetables, parsley sauce	£17.50
Rump 10oz/Fillet 8oz Steak Hasselback potato, vine tomatoes, mushrooms, onion rings <i>Add creamy pepper sauce</i> <i>Add mushroom & blue cheese sauce</i>	£23.95/£27.95 £1.75 £1.75
Vegetable Lasagne (v) Sweet potato, butternut squash, leeks, creamy ricotta sauce, hand cut chips, salad garnish	£14.50
Spicy Prawn and Mango Curry OR Green Vegetable Curry (v) Rice, naan bread, mango chutney	£15.95
Asparagus, Mushroom, Spinach Pesto Penne Pasta (v) A creamy pesto pasta dish using ricotta cheese	£14.50
Vegan Vegetable Stir Fry (v) Mix of seasonal vegetables mixed with rice and spices (mild, medium or hot)	£12.95

ADDITIONAL SIDES

Hand Cut Chips	£4.00
Pembrokeshire Potatoes mixed with Leeks	£4.00
Green Steamed Vegetables	£3.50
Side Salad	£3.00
Ciabatta Baguette	£3.95
Garlic Baguette	£4.50
Garden or Mushy Peas	£0.50

Gluten and Dairy Free Options, Food Allergens and Intolerances
Please ask a member of our team for information and advice

DESSERTS

Sticky Toffee Pudding Warm treacle sponge with a toffee sauce glaze <i>Served with either custard, ice cream or fresh cream</i>	£6.50
Chocolate Brownie The Griffin's classic gooey chocolate delight <i>Served with either ice cream or fresh cream</i>	£7.95
Fruit Crumble Seasonal fruit with an oat crumble topping <i>Served with either custard, ice cream or fresh cream</i>	£6.25
Orange Chocolate Torte A rich dark chocolate biscuit based torte <i>Served with either ice cream or fresh cream</i>	£6.50
Lemon and Lime Cheesecake A combination of soft creamy sweet cheese, zingy lemon and lime on a crunchy digestive biscuit base	£6.25
Mixed Berry Knickerbocker Glory Light sponge base drizzled with mixed berry coulis stacked with vanilla and strawberry ice cream topped with fruit cream	£7.95
Mango Sorbet	£3.50
Award Winning Pembrokeshire Dairy Ice-cream Choice of either vanilla, chocolate, strawberry or Pembrokeshire Promise	£3.95
Affogato A scoop of Pembrokeshire vanilla ice cream with a shot of espresso coffee	£4.50
Dessert Wine Multi-award winning Muscat <i>Bullers fine old Muscat with hints of toffee and molasses</i>	£4.10
Marc de Champagne and Truffle Liqueur <i>Very moreish – velvet smooth with white chocolate with a little kick</i>	£6.20

A selection of teas and coffees available including cafetiere coffee

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