

## NIBBLES

<b>Mediterranean Olives</b>	<b>£3.50</b>
<b>Ciabatta Baguette, Olive Oil and Balsamic Vinegar</b>	<b>£3.95</b>

## LIGHT BITES

<b>Soup of the day (v)</b> Served with a crusty tin loaf	<b>£6.00</b>
<b>Welsh Lamb Cawl</b> Warming welsh stew, crusty tin loaf, welsh cheddar cheese	<b>£9.95</b>
<b>Farm House Pate</b> Sun-dried tomato chutney and wholemeal toasted bread	<b>£7.25</b>
<b>Smoked Mackerel Pate</b> Served with toasted wholemeal bread	<b>£8.25</b>
<b>Goats Cheese (v)</b> Served on toasted brioche with red onion marmalade and beetroot puree	<b>£8.50</b>
<b>Half or Pint of Shell on Prawns</b> Marie rose sauce and wholemeal bread	<b>£6.95/£12.95</b>

## SANDWICHES *White or malted ciabatta served with small salad garnish* **£7.95**

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

## AWARD WINNING SEAFOOD

We are immensely proud of our fresh seafood menu and are delighted to have won "Best Seafood Establishment in Wales 2018 & 2019" 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

<b>Lasagne</b> Pembrokeshire steak mince, chips, salad garnish	<b>£15.95</b>
<b>Cod and Chips</b> Lightly beer battered, chips, tartare sauce, salad garnish	<b>£14.95</b>
<b>Scampi</b> Deep-fried whole tail scampi, chips, tartare sauce, salad garnish	<b>£14.75</b>
<b>Griffin Beef Burger</b> Chips, onion rings, red onion relish served on side, salad garnish	<b>£15.95</b>
<b>Beef and Stout Pie</b> Puff pastry pie, sweet pickled onions, mushrooms, bacon, chips, salad garnish	<b>£16.25</b>
<b>Chicken and Leek Pie</b> Puff pastry pie, leeks, mushrooms, bacon, chips, salad garnish	<b>£15.25</b>
<b>Fish Pie</b> White fish, salmon, smoked haddock and prawns topped with a welsh cheddar mash served with green steamed vegetables, chips	<b>£18.50</b>
<b>Gammon Steak 10oz</b> Mash potato, green steamed vegetables, parsley sauce OR chips, pineapple or egg, salad garnish	<b>£19.95</b>
<b>Rump 10oz/Fillet 8oz Steak</b> Hasselback potato or chips, vine tomatoes, mushrooms, onion rings Add creamy peppercorn sauce Add mushroom & blue cheese sauce	<b>£26.95/£29.95</b> <i>£1.95</i> <i>£1.95</i>
<b>Vegetable Lasagne (v)</b> Tomato based with a mixture of vegetables, olives, chips, salad garnish	<b>£15.95</b>
<b>Butter Chicken Curry OR Vegetable Curry (v)</b> Rice, naan bread, mango chutney	<b>£16.95</b>
<b>Vegetable Noodles (v)</b> Stir-fried with a selection of vegetables, seasoned with teriyaki soy sauce and madras curry powder Add prawns	<b>£15.50</b> <i>£3.00</i>

## ADDITIONAL SIDES

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

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

## DESSERTS

<b>Sticky Toffee Pudding</b> Warm treacle sponge with a toffee sauce glaze <i>Served with either custard, ice cream or fresh cream</i>	<b>£7.95</b>
<b>Chocolate Brownie</b> The Griffin's classic gooey chocolate delight <i>Served with either ice cream or fresh cream</i>	<b>£8.95</b>
<b>Fruit Crumble</b> Seasonal fruit with an oat crumble topping <i>Served with either custard, ice cream or fresh cream</i>	<b>£7.95</b>
<b>Orange Chocolate Torte</b> A rich dark chocolate biscuit based torte <i>Served with either ice cream or fresh cream</i>	<b>£7.25</b>
<b>Lemon and Lime Cheesecake</b> A combination of soft creamy sweet cheese, zingy lemon and lime on a crunchy digestive biscuit base	<b>£7.50</b>
<b>Mango Sorbet</b>	<b>£3.50</b>
<b>Award Winning Pembrokeshire Dairy Ice-cream</b> Choice of either vanilla, chocolate, strawberry or Pembrokeshire Promise (vanilla and honeycomb)	<b>£3.95</b>
<b>Affogato</b> A scoop of Pembrokeshire vanilla ice cream with a shot of espresso coffee	<b>£5.25</b>
<b>Dessert Wine</b> Multi-award winning Muscat <i>Bullers fine old Muscat with hints of toffee and molasses</i>	<b>£4.50</b>

**A selection of teas and coffees available including cafetiere coffee**

## LUNCH MENU



### Welcome

*Since we took the opportunity to become custodians of this fantastic pub 11 years ago, we, Simon (the accidental chef) and Sian, have been carefully cooking, serving and perfecting this honest traditional menu.*

*Our hearty, homemade dishes are created using as much free-range, organic and local produce as possible, to best capture the fabulous flavours of Pembrokeshire. We are honoured to have been awarded the 'Pembrokeshire Produce Mark' in recognition of this. Our meat is sourced from nearby farms including our potatoes which are from Bicton Farm across the bay.*

*If you fancy something different then check out our award-winning seafood menu. This offers a range of delights landed locally, as well as an award-winning fishmonger who supplements our catch with deep water fish from the seas close by.*

*We do hope you enjoy your experience at the Griffin and welcome your comments and feedback.*

*&  
our Griffin family*