



Starters & Snacks

Breaded Chicken Mini Fillets	£5.25
Prawn Cocktail	£6.75
Homemade Lamb Cawl	£7.50
Whitebait	£5.95

Salads & Platters

Cooked Ham Salad	£10.50
Prawn Salad	£11.95
Ploughman's Lunch with Mature Cheddar	£9.50
Ploughman's Lunch with Cheese & Ham	£10.50

(Salads or Ploughman's do not include chips, jacket or potatoes)

All main meals served with a choice of chips, jacket potato, boiled potatoes or salad.

Salad garnish or vegetables served where appropriate.

½+½ option of chips and rice extra £1

Small meals ½+½ extra 80p

Mains – Fish

Wholetail Scampi	£12.95
Hand Battered Cod Fillet	£10.75

Vegetarian

Roast Vegetable Lasagne	£9.95
Broccoli & Cheese Bake	£9.95
Vegetable Chilli	£10.50
Chick Pea, Spinach & Sweet Potato Curry	£9.95

(all above served with a choice of boiled potatoes, chips, jacket potato or rice)

Mains – Pastas & Curries

Homemade Lasagne Verdi	£10.95
Home made Chicken Curry	£10.95

Mains – Meat

12oz Gammon Steak	£14.75
10oz Welsh Sirloin Steak	£19.95
Roast Welsh Lamb Dinner	£11.50
Tender Slices of Cooked Ham & Fried Egg	£10.50

Add to your Grills

Diane Sauce – brandy cream and mushroom sauce £2.25

Au Poivre Sauce – a creamy pepper sauce £2.25

Smaller Meals

6oz Welsh Rump Steak	£10.95
6oz Gammon with Egg and Pineapple	£9.95
Wholetail Scampi	£8.95
Home made Lasagne Verdi	£8.95
Home made Chicken Curry	£8.95
Roast Welsh Lamb Dinner	£9.50
Home made Lamb Cawl with Cheddar Cheese	£7.50
Cooked Ham, Egg & Chips	£8.00

Jacket Potatoes

Plain Jacket & Butter	£2.75
Cheese	£5.50
Cooked Ham	£6.50
Ham & Cheese	£7.50
Chicken Curry	£8.95
Home made Coleslaw	£5.95
Baked Beans	£4.75
Cheese & Beans	£5.95
Prawns & Seafood Sauce	£7.95
Coronation Chicken	£7.50

Rustic Baguettes

Cooked Ham	£7.50
Mature Cheddar Cheese	£7.50
Prawns & Seafood Sauce	£7.75
Sausage & Onion	£7.50
Coronation Chicken	£7.75

Served with a salad garnish and scoop of chips.

Burgers in Floured Baps

6oz 100% Beefburger	£6.95
Southern Fried Chicken Burger	£6.95
Vegeburger	£6.95

Chips extra £2.75

Add Cheese, Bacon or 3 Onion Rings for 75p per item or all 3 for £1.95

Side Orders

Jacket Potato	£2.75
Boiled Potatoes	£2.75
Portion of Chips	£2.75
Battered Onion Rings	£2.95
Mushrooms	£2.95
Baked Beans	£1.75
Home made Coleslaw	£2.25
Fried Egg	£1.25
Side Salad	£3.25
Naan bread	£2.00
Garlic Bread	£2.95
Garlic Bread with Cheese	£3.95



We cannot guarantee food being 100% nut-free as we use nut derivative products on the premises. Please notify staff of food tolerances – we can adapt some of our meals to suit.



The Jolly Sailor



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Desserts

Sticky Toffee Pudding	£5.50
Chocolate Fudge Cake	£5.50
Homemade Apple Crumble	£4.95
<i>All served with a choice of cream, custard or ice cream where appropriate</i>	
Lemon Meringue	
Sundae	£5.50
Choc Nut Sundae	£5.50
Raspberry Ice Cream Pavlova	£5.50
Pembrokeshire Dairy Ice Cream from Upton Farm	£4.25
Mature Cheddar Cheese and Biscuits	£5.50

Children's Meals

Preseli Gold Prime	
Pork Sausages	£5.95
Cod Bites	£5.95
Chicken Nuggets	£5.95
Vegetable Nuggets	£5.95
Children's Beef Burger in a Roll	£5.95
Pembrokeshire Dairy Ice Cream from Upton Farm	£2.25

Coffee Choices

Espresso	£1.00
Double up	£1.80
Americano	£1.95
Latte	£2.50
Cappuccino	£2.50
Moccachino	£2.95
Hot Chocolate	£3.50
Irish Latte	£3.25
<i>Why not try a "café au lait" with Irish cream syrup, a non alcoholic drink to ensure relaxation. All served with a mint chocolate.</i>	
Floater Coffee	£3.25

Tea

Cup	£1.65
Pot for two	£2.60
Natural Infusion Flavoured Teas	£1.95

Liqueur Coffees

A choice of large coffees with lavish creamy head	£4.95
<i>(includes 25ml of spirit)</i>	
<i>Irish, Highland, Monks, French, Caribbean, Russian, Calypso, Parisienne, Left Bank, Scottish</i>	

Wine List

WHITE WINES

- Cantina Massimo Leone "Falanghina" £16.75**
(Italy)(2) "Pale lemon in colour, complex nose, with citrus and jasmine floral notes.
- Rocheburg Unoaked Chardonnay £16.75 175ml Glass £4.95**
(S Africa)(2/3) A lovely rounded and smooth Chardonnay with flavours of soft ripe white summer fruits, and a hint of honey.
- Vispo Allegro Prosecco £18.75 200ml Bottle £6.40**
(Italy) (2) Bright pale straw yellow full of delicate bubbles. Intense and very fruity and aromatic, with hints of flowers and almonds
- Boars Kloof Chenin Blanc £14.75 175ml Glass £4.95**
(S Africa)(3) Crisp and fruity with tropical flavours.
- San Antonio Pinot Grigio £16.95 175ml Glass £4.95**
(Italy)(2) A crisp, fragrant complex wine with a light flowery bouquet with a full bodied palate, superb.
- Chablis "Victor Berad" £19.95**
(France)(2) Flavour of exotic white flowers combined with a flinty dryness.
- Aroha Bay Sauvignon Blanc £16.75**
(New Zealand)(1/2) Pale straw in colour with crisp flavours of green apples and a grassy tone.

HOUSE WHITE "Dry"

- Riviera Sauvignon Blanc £14.50 175ml Glass £4.75**
(France)(1/2) Crispy, fruity, dry and very elegant sauvignon blanc.

CHAMPAGNE

- Pierre Mignon £39.50**
(France) Lively and effervescent with hints of honey on the palate, candied fruit and lemon on the nose - superb!

RED WINES

- Cantina Massimo Leone "Nero di Troia" £16.75**
(Italy)(d) Full bodied and deep ruby in colour, complex berry and cherry aroma, hints of spices and balsamic.
- Richmond Ridge Shiraz Cabernet £16.25 175ml Glass £4.95**
(Australia)(c) Ripe plum and cherries on the palate, with soft vanilla notes and a smooth, round finish.
- Mont Rocher Malbec £16.75**
(Languedoc, France)(d) A wine of great character with lovely dark flavours and a hint of chocolate.
- Don Placero Rioja £16.30 175ml Glass £4.95**
(Spain)(c) Youthful, warm cherry and bramble fruits broadening out on the palate backed with spice and vanilla.
- Vino Passito Apassimento £16.75**
(Italy)(e) Deep dark and very smooth with flavours of very ripe mature red fruits.
- Steenbok Shiraz £17.25**
(South Africa)(d) A lively rich and intense red wine with well balanced flavours.

HOUSE RED

- Mariquita Merlot £14.50 175ml Glass £4.75**
(Chile)(b/c) A classic Merlot, elegant and rich with aromas of Chocolate, Mocha and Cherry

ROSE WINE

- Cougars Moon White Zinfandel £16.50 175ml Glass £4.95**
(California)(5) A fresh, sweet and fruity Californian Rose; great on it's own as well as with food.
- Boars Kloof Pinotage Rose £15.95 175ml Glass £4.95**
(South Africa)(3) Slightly off dry but packed full of fruit.
- Cantina Massimo Leone "Anglianco" £17.95**
(Italy)(3) Pale pink with red berry aromas, full bodied, elegant long finish.