



## LUNCH

12:00 - 02:30

### BRUNCH

\*not available on Sundays\*

**BRUNCH BAP** Two of the following served in a sourdough hap: Local Pork Sausages | Back Bacon GF | Fried Egg GF V | Poached Egg GF V | Roast Tomato GF VE | Field Mushroom GF VE | Cheddar GF V | Crushed Avocado GF VE | Halloumi GF V | Tofu GF VE  
**CRUSHED AVOCADO ON TOAST** Crushed avocado, roasted tomato and a poached egg GF V  
**SCRAMBLED EGG ON TOAST** Creamy scrambled egg on a toasted sourdough bun GF V

### STARTERS

**SHARING PLATTER** locally baked bread, antipasti olives, hummus, balsamic vinegar and olive oil GF VE  
**TODAYS HOMEMADE SOUP** with locally baked bread GF V  
**BAKED MUSHROOMS** wild and button mushrooms baked in a Per Las cheese, garlic and cream sauce, served with toasted bloomer GF V

### MAIN COURSES

**BEER-BATTERED COD** skin-on chips and mushy peas GF  
**WHOLETAIL WHITBY BREADED SCAMPI** skin-on chips and garden peas  
**CHICKEN JALFREZI** medium spiced chicken curry using onion, peppers, and tomatoes served with rice and a poppadum GF  
**SUMMER QUINOA SALAD** quinoa, leaves, basil, cucumber, tomatoes, red onion and lemon vinaigrette GF VE  
Add: 4oz Rump Steak GF | Grilled Butterfly Chicken GF | Halloumi GF V | Tofu GF VE  
**TAGLIATELLE BOLOGNESE** rich pork, beef and red wine ragù, tagliatelle and parmesan GF  
**MUSHROOM & LENTIL BOLOGNESE** rich vegetable and lentil ragù with tagliatelle GF VE  
**MOULES & CHIPS** mussels in a light white wine, garlic and cream sauce served with skin-on chips GF V  
Add: Samphire GF VE  
**BEER-BATTERED HALLOUMI** lemon mayonnaise, mixed leaf salad and skin-on chips GF V  
**BEER-BATTERED TOFU** sweet chilli dip, mixed leaf salad and skin-on chips GF VE

### SANDWICHES

\*not available on Sundays\*

Served on either locally baked brown bread GF with a salad garnish and crisps or a toasted sourdough baguette with a salad garnish  
**HONEY ROASTED HAM & TOMATO GF**  
**WELSH CHEDDAR & ONION GF V**  
**TUNA MAYO & CUCUMBER GF**  
**PRAWN SALAD** with Marie Rose sauce dressing GF  
**AVOCADO, HUMMUS & TOMATO** with lemon vinaigrette GF VE  
All of the above are also available as a light and simple focaccia square, served solo  
**4oz RUMP STEAK & CARAMELISED ONION** only available as a sourdough baguette

### BURGERS

**6oz CASTLE INN BEEF BURGER** Welsh cheddar cheese, smoked bacon, lettuce, tomato, red onion, gherkin and skin-on chips GF  
**6oz CASTLE INN LAMB BURGER** mint yoghurt dip, lettuce, tomato, red onion, gherkin, beer-battered onion rings and skin-on chips GF  
**HALLOUMI BURGER** pan-fried halloumi, garlic field mushroom, tomato relish, mixed leaves and skin-on chips GF V  
**TOFU BURGER** Cajun spiced tofu, sweet chilli sauce, mixed leaves and skin-on chips GF VE

### JACKET POTATOES

\*not available on Sundays\*

Served with a salad garnish  
**CHEESE & BEANS GF V**  
**TUNA MAYO & RED ONION GF**  
**MASHED AVOCADO, SWEET CHILLI & TOMATOES GF VE**  
**SPICY BEEF CHILLI GF**  
**SPICY PULLED JACK FRUIT GF VE**

## DINNER

Mon - Thu 06:30 - 09:00  
Fri - Sat 06:00 - 09:00  
Sun 07:00 - 09:00

### WHILE YOU WAIT

**LOCAL BAKED BREAD** with balsamic vinegar and olive oil GF VE  
**ANTIPASTI OLIVES** Kalamata Amphissa olives GF VE

### SHARERS

**SHARING PLATTER** locally baked bread, antipasti olives, hummus, balsamic vinegar and olive oil GF VE  
**BOX-BAKED CAMEMBERT** toasted sourdough batons, celeri and a choice of caramelised onion jam or tomato chutney GF V

### STARTERS

**TODAYS HOMEMADE SOUP** with locally baked bread GF V  
**BAKED MUSHROOMS** wild and button mushrooms baked in a Per Las cheese, garlic and cream sauce, served with toasted bloomer GF V  
**LAMB KOFTAS & RAITA GF**  
**HUMMUS** chickpea and tahini hummus dip with tortilla chips and carrot sticks GF VE  
**CAULIFLOWER POPCORN** kimchi and sriracha mayonnaise GF V  
**COCKLES & WELSH LAYER BREAD** baked with cheese and bacon on a toasted bloomer GF  
**MINI GLAZED SAUSAGES** honey and mustard glazed chipolata sausages

### MAIN COURSES

**BAKED COD LOIN** with a parmesan crumb, roasted vegetables and new potatoes GF  
**OVEN BAKED HARISSA CHICKEN** spicy harissa chicken breast, mediterranean vegetables and couscous  
**BEER-BATTERED COD** skin-on chips and mushy peas GF  
**PAN-FRIED SEA BASS FILLET** creamy socle, samphire and white wine sauce and new potatoes GF  
**WHOLETAIL WHITBY BREADED SCAMPI** skin-on chips and garden peas  
**CHICKEN JALFREZI** a medium spiced chicken curry using onion, peppers, and tomatoes served with rice and a poppadum GF  
**SUMMER QUINOA SALAD** quinoa, mixed leaves, basil, cucumber, tomatoes, red onion and lemon vinaigrette GF VE  
Add: 4oz Rump Steak GF | Grilled Butterfly Chicken GF | Halloumi GF V | Tofu GF VE  
**TAGLIATELLE BOLOGNESE** rich pork, beef and red wine ragù, tagliatelle and parmesan GF  
**MUSHROOM & LENTIL BOLOGNESE** rich vegetable and lentil ragù with tagliatelle GF VE  
**MOULES & CHIPS** mussels in a light white wine, garlic and cream sauce served with skin-on chips GF V  
Add: Samphire GF VE  
**BEER-BATTERED HALLOUMI** lemon mayonnaise, mixed leaf salad and skin-on chips GF V  
**BEER-BATTERED TOFU** sweet chilli dip, mixed leaf salad and skin-on chips GF VE

### STEAKS & BURGERS

**6oz CASTLE INN BEEF BURGER** Welsh cheddar cheese, smoked bacon, lettuce, tomato, red onion, gherkin and skin-on chips GF  
**6oz CASTLE INN LAMB BURGER** mint yoghurt dip, lettuce, tomato, red onion, gherkin, beer-battered onion rings and skin-on chips GF  
**HALLOUMI BURGER** pan-fried halloumi, garlic field mushroom, tomato relish, mixed leaves and skin-on chips GF V  
**TOFU BURGER** Cajun spiced tofu, sweet chilli sauce, mixed leaves and skin-on chips GF VE  
**10oz WELSH GAMMON STEAK** skin-on chips, garden peas, and a choice of egg or pineapple GF  
Add: Peppercorn Sauce GF V | Per Las Sauce GF V  
**8oz WELSH RUMP STEAK** grilled tomato, beer-battered onion rings and skin-on chips GF  
Add: Peppercorn Sauce GF V | Per Las Sauce GF V  
**8oz WELSH RIBEYE STEAK** grilled tomato, beer-battered onion rings and skin-on chips GF  
Add: Peppercorn Sauce GF V | Per Las Sauce GF V

## CHILDREN'S MENU

**GRILLED MINI CHICKEN BREAST GF**  
**BEER-BATTERED MINI COD GF**  
**2 PORK SAUSAGES**  
**6oz BEEF BURGER GF**  
**4oz RUMP STEAK GF**

All of the above are served with a choice of chips, creamed or new potatoes, and either peas, beans or salad  
**TOMATO TAGLIATELLE & CHEESE GF**

## SIDES

**KIMCHI GF VE** | **PAN-FRIED OR BEER-BATTERED HALLOUMI GF V**  
**PAN-FRIED OR BEER-BATTERED TOFU GF VE** | **SKIN-ON CHIPS GF VE**  
**BEER-BATTERED ONION RINGS GF VE** | **GARLIC BREAD GF VE**  
**CHEESY GARLIC BREAD GF VE** | **SEASONAL VEGETABLES GF VE**  
**MIXED LEAF SALAD GF VE** | **BUTTERED NEW POTATOES GF VE**

## DESSERTS

**WARM CHOCOLATE & RASPBERRY BROWNIE** with raspberry ripple ice-cream GF VE  
**STICKY TOFFEE PUDDING** A light date sponge with toffee sauce and vanilla ice-cream GF V  
**APPLE & SUMMER BERRY CRUMBLE** with vanilla custard GF V  
**LEMON TART** with raspberry coulis and cream V  
**PECAN PIE** Crunchy pecans set in sweet syrup with vanilla ice-cream V  
**DEVILS CHOCOLATE FOOD CAKE** with cream VE  
**CHOCOLATE BROWNIE BLACK FOREST SUNDAE** brownie pieces, vanilla ice-cream layered with black cherries, chocolate sauce and whipped cream GF VE  
**TREGROES WAFFLE SUNDAE** salted caramel ice-cream, toffee sponge, toffee sauce, whipped cream topped with a Tregroes waffle V  
**AFFOGATO** vanilla ice-cream and a shot of espresso GF VE  
**WELSH MARYS FARMHOUSE ICE-CREAMS & SORBETS**  
Ice-cream Options: Vanilla GF VE, Strawberry GF V, Chocolate GF V, Salted Caramel GF V, Chocolate Mint GF V, Raspberry Ripple GF V, Rum & Raisin GF V, Coffee GF V, Celtic Crunch (Butterscotch, Chocolate Buttons, Hazelnuts, Amaretto & Honeycomb) V, Sinful (Coffee & Cherry) GF V  
Sorbet Options: Blackcurrant GF V, Raspberry GF V  
**WELSH CHEESEBOARD** Pant Mawr Mature Caws Cewryn, Caws Cenarth Per Las, Triffl Seaweed, selection of biscuits, grapes & chutney GF V  
Add: Roe Fine Ruby Port 50ml

## DRINKS

**EXOTIC FRUIT SMOOTHIE GF VE** | **SUMMER FRUITS SMOOTHIE GF VE**  
**ICECREAM MILKSHAKES GF VE**

**ESPRESSO**  
**AMERICANO**  
**CAFFUCINO**  
**LATTE**  
**FLAT WHITE**  
**FLOATER**  
**MOCHA**  
**HOT CHOCOLATE**

**TEA** Green, Earl Grey, Breakfast, Peppermint  
**LIQUEUR COFFEE** Jameson Whisky, Tia Maria, Baileys, Brandy  
**LIQUEUR HOT CHOCOLATE** Jameson Whisky, Tia Maria, Baileys, Brandy



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Check out our Castle Inn suppliers board, located in the bar  
GF - Gluten Free on Request  
V - Vegetarian  
VE - Vegan or Vegan Alternative on Request  
Decaffeinated coffee and tea, as well as alternative milks also available

www.castleinnpembs.co.uk

