

LUNCH

(available 12:00 - 14:30)

BRUNCH (not available on Sundays)

- Brunch Bap** - served in a sourdough bap, your combination of: local pork/vegetarian sausages, back bacon, fried/poached egg GF
- Crushed Avocado on Toast** - crushed avocado, roasted tomato and a poached egg on a slice of toasted bloomer GFV
- Scrambled Egg on Toast** - creamy scrambled egg on toasted bloomer GFV
- Scrambled Tofu on Toast** - scrambled tofu and roasted tomato on toasted bloomer GFV

STARTERS

- Sharing Platter** - local baked bread, antipasti olives, hummus, balsamic vinegar & olive oil GFVE
- Charcuterie Board** - assorted cured meats, antipasti olives, sun-blushed tomatoes GF
- Today's Homemade Soup** - with local baked bread GFV
- Cheesy Garlic Mushrooms** - sautéed wild & button mushrooms with Per Las, garlic cream sauce, on a slice of toasted bloomer GFV

SANDWICHES (not available on Sundays)

All served on locally baked brown bread and served with salad and crisps.

- Castle Inn Honey & Mustard Glazed Ham and Tomato GF**
- Welsh Cheddar & Onion GFV**
- Tuna Mayonnaise & Cucumber GF**
- Prawn Salad with Marie Rose Dressing GF**
- Avocado, Hummus and Tomato with Lemon Vinaigrette GFV**

SOURDOUGH BAGUETTES (not available on Sundays)

- Castle Inn Honey & Mustard Glazed Ham and Welsh Cheddar Cheese Melt GF**
- 4oz Rump Steak & Caramelised Onion GF**
- Smoked Salmon & Cream Cheese GF**

JACKET POTATOES (not available on Sundays)

- Cheese & Baked Beans GFV**
- Tuna Mayonnaise & Red Onion GF**
- Spicy Beef Chilli GF**
- Smashed Avocado with Sweet Chilli & Cherry Tomatoes GFVE**

MAIN COURSE

- Beer-Battered Cod** - skin on chips, mushy peas GF
- Whole Tail Whitby Breaded Scampi** - skin on chips, garden peas
- Makhan Chicken** - tandoori chicken in a creamy spiced curry, served with rice and a homemade naan bread GF
- Spicy Beef Chilli** - rice, nachos and sour cream GF
- Jackfruit & Bean Chilli** - rice, nachos and sour cream GFVE
- Moules & Chips** - mussels in a light white wine, garlic and cream sauce served with skin-on chips GF
 - Top-up your Moules** - Samphire
- Mixed Bean & Avocado Salad** - mixed beans, tomatoes, red onion, avocado and lemon vinaigrette GFVE
 - Top-up your Salad** - 4oz Rump Steak / Grilled Butterfly Chicken / Halloumi / Tofu
- Warm Puy Lentils & Halloumi** - lemon vinaigrette, mixed leaf salad GFV
- Beer-Battered Tofish** - skin on chips, vegan tartare sauce, mushy peas GFVE
- Castle Inn Beef Burger 6oz** - Welsh cheddar, smoked bacon, skin-on chips GF
- Castle Inn Lamb Burger 6oz** - mint yogurt dip, beer battered onion rings, skin-on chips GF

SUNDAY LUNCH

(available on Sundays 12:00 - 14:30)

- Roasted Rump of Welsh Beef & Yorkshire Pudding**
- Roasted Leg of Pork & Crackling**
- Roasted Breast of Turkey with Sage & Onion Stuffing**

All served with seasonal vegetables, creamed and roast potatoes.

Don't know what to have? Try a combo of roast meats.

- Roast Meat Salad** a lighter option of a choice of roasted meat served with seasonal salad and potatoes
- Children's Roast** - all of the same options just smaller

GF (Gluten Free by Request) / V (Vegetarian) / VE (Vegan by Request)

DINNER

(Mon - Thu 18:30 - 21:00 • Fri - Sat 18:00 - 21:00 • Sun 19:00 - 21:00)

WHILE YOU WAIT

- Local Baked Bread** - balsamic vinegar & olive oil GFVE
- Antipasti Olives** - Kalamata Amphissa olives GFV

SHARERS

- Sharing Platter** - local baked bread, antipasti olives, hummus, balsamic vinegar & olive oil GFVE
- Charcuterie Board** - assorted cured meats, antipasti olives, sun-blushed tomatoes GF
- Box-Baked Camembert** - toasted sourdough batons, celery & fig relish GFV

STARTERS

- Today's Homemade Soup** - with local baked bread GFV
- Smoked Salmon & Prawn Cocktail** - Marie Rose sauce, and locally baked bread GF
- Cheesy Garlic Mushrooms** - sautéed wild & button mushrooms with Per Las, garlic cream sauce, on a slice of toasted bloomer GFV
- Lamb Koftas & Raita GF**
- Hummus** - chickpea and tahini hummus dip with tortilla chips & carrot sticks GFVE
- Cauliflower Popcorn** - kimchi & sriracha mayonnaise GFV

MAIN COURSE

- Beer-Battered Cod** - skin on chips, mushy peas GF
- Seared Sea-bass Fillet** - white wine sauce, tender stem broccoli, asparagus & new potatoes GF
- Whole Tail Whitby Breaded Scampi** - skin on chips, garden peas
- Chicken Parmigiana** - chicken with a parmesan crumb, mozzarella and tomato sauce, green beans & new potatoes GF
- Makhan Chicken** - tandoori chicken in a creamy spiced curry, served with rice and a homemade naan bread GF
- Spicy Beef Chilli** - rice, nachos and sour cream GF
- Jackfruit & Bean Chilli** - rice, nachos and sour cream GFVE
- Moules & Chips** - mussels in a light white wine, garlic and cream sauce served with skin-on chips GF
 - Top-up your Moules** - Samphire
- Mixed Bean & Avocado Salad** - mixed beans, tomatoes, red onion, avocado and lemon vinaigrette GFVE
 - Top-up your Salad** - 4oz Rump Steak / Grilled Butterfly Chicken / Halloumi / Tofu
- Warm Puy Lentils & Halloumi** - lemon vinaigrette, mixed leaf salad GFV
- Beer-Battered Tofish** - skin on chips, vegan tartare sauce, mushy peas GFVE

STEAKS & BURGERS

- 10oz Welsh Gammon Steak** - skin-on chips, garden peas and a choice of egg, pineapple or both GF
- 8oz Welsh Ribeye Steak** - skin-on chips, beer-battered onion rings & a grilled tomato GF
- 6oz Castle Inn Beef Burger** - Welsh cheddar, smoked bacon, skin-on chips GF
- 6oz Castle Inn Lamb Burger** - mint yogurt dip, beer battered onion rings, skin-on chips GF
- Halloumi Burger** - pan-fried halloumi, garlic field mushroom, tomato relish, mixed leaves & skin-on chips GFV
- Tofu Burger** - Cajun-spiced tofu, sweet chilli mayonnaise, mixed leaves & skin-on chips GFVE
 - Top Up your Burgers with any of or a combination of the following:** Jalapenos / Caramelised Onion Jam / Chilli Jam / Tomato Chutney / Fried Egg / Cheddar Cheese / Vegan Cheese / Per Las Cheese / Castle Inn Beef Burger Patty / Castle Inn Lamb Burger Patty

SIDES

(available during lunch & dinner service)

Kimchi GFVE / Skin on Chips GFVE / Beer Battered Onion Rings GFVE / Cheesy Garlic Bread GFVE / Seasonal Vegetables GFVE / Garlic Bread GFVE / Pan fried or Beer-Battered Halloumi GFV / Pan fried or Beer-Battered Tofu GFVE / Mixed Leaf Salad GFVE / Buttered New Potatoes GFVE / Peppercorn Sauce GF / Per Las Sauce GF



CHILDREN'S MENU

(available during lunch & dinner service)

- Grilled Mini Chicken Breast GF**
- Beer-Battered Mini Cod GF**
- Pork Sausages**
- Beef Burger GF**

4oz Rump Steak GF

All of the above are served with a choice of chips, creamed or new potatoes, and beans, peas or salad.

Tomato Tagliatelle with cheddar cheese V

DESSERTS

(available during lunch & dinner service)

- Warm Chocolate Brownie** - raspberry ripple ice-cream GFV
- Sticky Toffee Pudding** - light date sponge, toffee sauce, vanilla ice-cream GFV
- Baked Vanilla Cheesecake** - blueberry sauce & cream V
- Lemon Tart** - raspberry coulis & cream V
- Chocolate Raspberry Sundae** - brownie pieces, chocolate ice-cream, raspberry sorbet, berries, raspberry sauce and whipped cream GFV
- Tregroes Waffle Sundae** - salted caramel ice cream, toffee sponge, toffee sauce, whipped cream & topped with a Tregroes Waffle V
- Sinful Sundae** - sinful ice cream, cherries, amaretto crunch, mini marshmallows, chocolate sauce & whipped cream GF
- Devil's Food Cake** - with cream VE
- Sponge Pudding of the Day** - light vanilla sponge topped with the flavour of the day with vanilla ice-cream GFV
- Apple & Seasonal Fruit Crumble** - with custard GFV
- Mini Dessert & a Hot Drink** - home-baked chocolate brownie, sticky toffee pudding or apple & seasonal fruit crumble and your choice of drink GFV
- Affogato** - vanilla ice cream and a shot of espresso GFVE
- Welsh Cheeseboard** - Pant Mawr Mature Caws Cerwyn, Caws Cenarth Per Las, Caws Preseli, a selection of crackers, grapes & chutney GF
 - Top-up your Cheeseboard** - Roc Fine Ruby Port

ICE-CREAM

All of our ice creams are made by 'Mary's Farmhouse', a local family run business, in Crymch.

- Celtic Crunch- Butterscotch, Chocolate buttons, Hazelnuts, Amaretti & Honeycomb V
- Sinful- Coffee & Cherry GFV
- Raspberry Ripple GFV
- Salted Caramel GFV
- Chocolate Mint GFV
- Rum & Raisin GFV
- Strawberry GFV
- Chocolate GFV
- Vanilla GFVE
- Blackcurrant Sorbet C
- Raspberry Sorbet GFV

HOT & COLD DRINKS

(available all day)

Tea - Green - Earl Grey - Breakfast - Peppermint

Espresso - Single - Double

Americano - Regular - Large

Cappuccino - Regular - Large

Latte - Regular - Large

Flat White

Floater Coffee

Mocha - Regular - Large

Hot Chocolate - Regular - Large

Liqueur Coffee - **Liqueur Hot Chocolate**, with fresh cream (Jameson Whiskey - Tia Maria - Baileys - Brandy)

* Decaffeinated coffee and soya milk available on request*

Ice-Cream Milkshakes

Fruit Smoothies