



Menu

STARTERS & DELI BOARDS

LAMB KOFTAS & RAITA [GF] 6.95

SPICY POPCORN TOFU with sriracha to dip [GFVE] 6.95

TODAYS HOMEMADE SOUP with locally baked bread [GFV] 6

GARLIC BREAD [GFVE] 3.5 | CHEESY GARLIC BREAD [GFVE] 4.5

SMOKED MACKEREL PATE mixed leaf salad & toasted bread [GF] 8.25

WILD ABOUT MUSHROOMS toasted bloomer, wild & button mushrooms sautéed in butter, crumbled goats cheese [GFV] 6.95

MEDITERRANEAN DELI BOARD assorted cured meats, antipasti olives, sun blushed tomatoes, cornichons & bread [GF] 16.5

BRUNCH & SANDWICHES [available lunch times only]

SAUSAGE BRUNCH BAP 6

BACON BRUNCH BAP 5.5

VEGETARIAN SAUSAGE & EGG BRUNCH BAP fried or poached egg [V] 6.5

SAUSAGE, BACON & EGG BRUNCH BAP fried or poached egg 7.5

AVOCADO ON TOAST crushed avocado, roasted tomato & poached egg on toasted bloomer [GFV] 6.5

SCRAMBLED EGG ON TOAST creamy scrambled egg on toasted bloomer [GFV] 6

SCRAMBLED TOFU ON TOAST scrambled tofu & roasted tomato on toasted bloomer [GFV] 6

CHEESE & ONION SANDWICH [GFV] 6.95

HOME-COOKED HONEY & MUSTARD GLAZED HAM & TOMATO SANDWICH [GF] 6.95

FISH FINGER & TARTARE SAUCE SANDWICH beer-battered cod fingers & homemade tartare sauce [GF] 7.5

AVOCADO, HUMMUS & TOMATO SANDWICH with lemon vinaigrette [GFVE] 6.95

SIDES

SWEET POTATO FRIES 3.95 | SKIN-ON CHIPS 3.95 | BUTTERED NEW POTATOES 3.95

ONION RINGS 3.95 | GARLIC BREAD 3.5 | CHEESY GARLIC BREAD 4.5

Fresh Local Quality Home Cooking

GF - Gluten Free by request | V - Vegetarian | VE - Vegan by request

A service charge will not be added to your bill. All tips go to our team. All food is prepared in a kitchen where nuts, cereals and other allergens are present. If you have a food allergy please let us know before orderings we can assist you with your food choice.

@castleinnpemb

LIGHT BITES

TRADITIONAL WELSH CAWL Welsh broth with tender lamb and chunky vegetables, served with cheddar cheese and rustic bread [GF] 6.95

SALT & PEPPER SQUID five pieces served with skin-on chips & garlic mayonnaise 7.5

PLOUGHMANS LUNCH honey and mustard glazed ham, pork and apple sausage roll, Welsh cheddar, chutney, cornichons & bread 16.50

BUDDA BOWL noodles, edamame beans, cucumber, avocado, carrot and mooli ribbons with a ginger sesame dressing [GFVE] 12.95

CAESAR SALAD cos lettuce, parmesan, olives, croutons and caesar dressing [GFV]

ADD: GRILLED BUTTERFLY CHICKEN [GF] 16.50 | HALLOUMI [GFV] 14.95 | TOFU [GFVE] 14.95

The below dishes are all served with a choice of chips, creamed or new potatoes and either beans, peas or salad.

GRILLED MINI CHICKEN BREAST [GF] 6.95

BEER-BATTERED MINI COD [GF] 6.95

3 MACKEREL GOUJONS 6.95

2 PORK SAUSAGES [GF] 6.95

BURGERS & STEAKS

All of our burgers come with salad and a gherkin on the burger and are served with skin-on chips

6oz CASTLE INN BEEF BURGER Welsh cheddar cheese & smoked bacon [GF] 13.95

6oz CASTLE INN LAMB BURGER mint yoghurt dip & beer-battered onion rings [GF] 14.95

CHICKEN BURGER pan-fried cajun spiced chicken fillet, kimchi & sriracha [GF] 14.95

HALLOUMI BURGER pan-fried halloumi, garlic mushroom & tomato relish [GFV] 14.95

FALAFEL BURGER spicy falafel burger & mango chutney [GFVE] 14.95

10oz WELSH GAMMON STEAK skin-on chips, garden peas, and a choice of egg or pineapple [GF] 16

ADD: PEPPERCORN SAUCE [GFV] 3 | PER LAS SAUCE [GFV] 3

8oz WELSH RIBEYE STEAK grilled tomato, beer-battered onion rings and skin-on chips [GF] 26

ADD: PEPPERCORN SAUCE [GFV] 3 | PER LAS SAUCE [GFV] 3

MAIN COURSE

SPICY BEEF CHILLI rice, nachos & sour cream [GF] 12.95

BEER-BATTERED COD skin-on chips & mushy peas [GF] 13.95

JACKFRUIT & BEAN CHILLI rice, nachos & sour cream [GFVE] 12.95

WHOLE TAIL WHITBY BREADED SCAMPI skin-on chips & garden peas 14.5

BEER-BATTERED TOFISH tofu with nori seaweed beer-battered and served with skin-on chips, vegan tartare sauce, and a choice of mushy or garden peas [GFVE] 13.95

MOULES & CHIPS mussels in a light white wine, garlic and cream sauce, served with skin-on chips [GF] 17.95 | **ADD: SAMPHIRE [GFV] 3**

MAKHAN CHICKEN tandoori chicken in a creamy spiced curry served with rice & homemade naan [GF] 14.95