

## LUNCH

(available 12:00 - 14:30)

### FOR THE TABLE

**Sharing platter** – Local baked bread, antipasti olives & sun-blushed tomatoes, balsamic vinegar & olive oil **GFV** £10

**Local Baked Bread**, balsamic vinegar & olive oil **GFV** £5.50

**Antipasti Olives**, Kalamata Amphissa olives **GFV** £5.50

**Marinated Sun-Blushed Tomatoes** **GFV** £5.50

### SOMETHING LIGHT

**Today's Homemade Soup**, with local baked bread **GFV** £6

**Garlic Mushrooms**, sautéed button & wild mushrooms, garlic cream sauce, toasted bloomer **GFV** £7

**Winter Salad**, mixed leaves, cherry tomatoes, green beans, potatoes, poached egg, olives, vinaigrette **GFV** £12

**Top-up your Salads** - 4oz Rump Steak £6, Chicken Breast £5.50, Halloumi V £4, Tofu VE £4, Feta Cheese V £4

**Moules Marinière**- mussels in a light white wine, garlic and cream sauce served with local baked bread **GF** £14

**Top-up your Moules** - Samphire £3 (subject to season)

### SANDWICHES (Mon – Sat)

All served on locally baked brown bread and served with salad and crisps. Gluten free available on request.

**Castle Inn Roasted Ham and Tomato** £7

**Welsh Cheddar Cheese and Tomato Chutney** V £7

**Tuna Mayonnaise and Red Onion** £7

**Prawn Salad with Marie Rose Dressing** £9

**Avocado, Lettuce and Tomato with Lemon Vinaigrette** V £7

**Rump Steak (4oz), Perl Las Cheese and Red Onion** £9

**Chicken, Lettuce and Caesar Dressing** £7

### TOASTED SOURDOUGH BAGUETTES (Mon - Sat)

**Castle Inn Roasted Ham and Welsh Cheddar Cheese** £7

**Welsh Cheddar Cheese and Onion** V £7

**Smoked Streaky Bacon, Pant Mawr Brie and Chilli Jam** £8

### JACKET POTATOES (Mon - Sat)

**Cheese and Baked Beans** V £7.50

**Tuna Mayonnaise and Red Onion** £7.50

**Chicken and Caesar Dressing** £7.50

**Smashed Avocado with Sweet Chilli Sauce and Cherry Tomatoes** VE £7.50

### MAIN COURSE

**Traditional Fish & Chips**, cod fillet in beer batter, skin on chips, mushy peas **GF** £14

**Whole Tail Breaded Scampi**, Whitby scampi, skin on chips, garden peas £14

**Chicken Jalfrezi**, medium heat chicken curry with onions and peppers, served with rice and a poppadum **GF** £15

**Spicy Beef Chilli**, mixed leaf salad, nachos **GF** £13

**Top-up your Chilli** - Rice £2

**Battered Halloumi**, halloumi in beer batter, mixed leaf salad, lemon mayonnaise, skin on chips **GFV** £13

**Sweet Potato Chilli**, mixed leaf salad, nachos **VE** £12

**Top-up your Chilli** - Rice £2

**Battered Tofu**, tofu in beer batter, mixed leaf salad, sweet chilli dip, skin on chips **GFVE** £13

## SUNDAY LUNCH

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

**Roasted Rump of Welsh Beef** with Yorkshire pudding, seasonal vegetables, new potatoes and roast potatoes

**Roasted Leg of Pork** with crackling, seasonal vegetables, new potatoes and roast potatoes

**Roasted Breast of Turkey** with stuffing, seasonal vegetables, new potatoes and roast potatoes

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

**Summer Roast Salad** (a choice of roast meats served with seasonal salad and potatoes)

\*Roast meat selection may vary due to demand\*

**GF – Gluten Free by Request V - Vegetarian VE - Vegan by Request**

## BURGERS

(available during lunch & dinner service)

**Castle Inn Beef Burger 6oz** - Welsh cheddar, smoked bacon **GF** £14

**Castle Inn Lamb Burger 6oz** - mint yogurt, beer battered onion rings £16

**Bean Burger**, Mild spiced mixed bean burger, lemon mayonnaise **V** £14

Our burgers are served with lettuce, tomato, gherkin, red onion, coleslaw & skin on chips

**Halloumi Burger**, pan fried halloumi, garlic field mushroom, tomato relish **V** £15

Served with mixed leaves, coleslaw & skin on chips

### Top Up your Burger-

Jalapenos, Caramelised Onion Jam, Chilli Jam, Tomato Chutney, Fried Egg, Cheddar Cheese - £1.50 each

Perl Las Cheese - £2

Lamb Patty - £5

Castle Burger Patty - £4

## SIDES

(available during lunch & dinner service)

Skin on Chips **GFV** £3.50 - Beer Battered Onion Rings **GFV** £3 - Cheesy Garlic Bread **GFV** £4 - Buttered Greens **GFV** £3

Garlic Bread **GFV** £3 - Pan fried or Battered Halloumi **GFV** £6 - Mixed Leaf Salad **GFV** £3.50 - Homemade Coleslaw **GFV** £3

## DESSERTS

(available during lunch & dinner service)

**Warm Chocolate Brownie**, vanilla ice-cream **GFV** £7

**Sticky Toffee Pudding**, light date sponge, toffee sauce, vanilla ice-cream **GFV** £7

**Baked Vanilla Cheesecake**, summer berry compote & cream **V** £8

**Lemon Tart**, raspberry coulis & cream **V** £8

**Pecan Pie**, warm crunchy pecans set in sweet syrup, vanilla ice cream **V** £7

**Brownie Ice-cream Sundae**, brownie and toffee sponge with vanilla ice-cream, chocolate sauce and whipped cream **V** £8

**Tregroes Waffle Sandwich**, toffee waffles, salted caramel ice cream & butterscotch sauce **V** £7

**Affogato**, vanilla ice cream and a shot of espresso **VE** £4

**Welsh Farmhouse Ice-Creams & Sorbets** V £2.50 per scoop

**Welsh Cheeseboard** - Per Las - Blue, Welsh Cheddar, Pant Mawr – Brie, selection of biscuits, grapes and chutney **GFV** £9

### 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

• Sinful- Coffee & Cherry

• Raspberry Ripple

• Salted Caramel

• Chocolate Mint

• Rum & Raisin

• Strawberry

• Chocolate

• Vanilla **VE**

• Blackcurrant Sorbet

### MILKSHAKES

Fresh milk blended with any one of our Mary's Farmhouse ice-cream flavours **GFV** £4.50

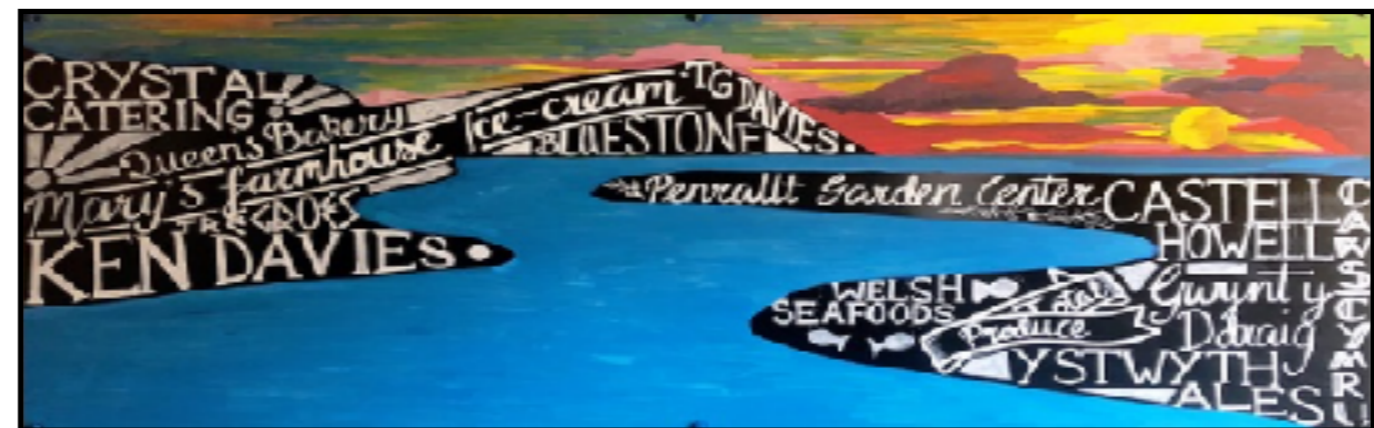
### SMOOTHIES

Frozen Fruit blended with apple juice **GFVE** £3.50

• Summer Berries  
• Exotic Fruits

All our 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 ordering so we can assist you with your food choice.

Find us on Trip Advisor. Social Media: @CastleInnPembs Wi-Fi Code: happypub



## DINNER

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

### FOR THE TABLE

**Sharing platter** - Local baked bread, antipasti olives & sun-blushed tomatoes, balsamic vinegar & olive oil **GFV** £10

**Local Baked Bread**, balsamic vinegar & olive oil **GFV** £5.50

**Antipasti Olives**, Kalamata Amphissa olives **GFV** £5.50

**Marinated Sun-Blushed Tomatoes** **GFV** £5.50

**Box-Baked Camembert**, onion jam or tomato chutney, local baked bread & celery **GFV** £12

### STARTERS OR SMALL PLATES

**Prawn & Crayfish Cocktail**, Marie Rose sauce, baby gem lettuce and bread **GF** £8

**Today's Homemade Soup**, with local baked bread **GFV** £6

**Garlic Mushrooms**, sautéed button & wild mushrooms, garlic cream sauce, toasted bloomer **GFV** £7

**Spiced Chicken Wings**, mixed leaves, soured cream £8

**Cockles & Welsh Laverbread**, welsh cheddar, crispy smoked bacon & local baked bread **GF** £9

### SOMETHING LIGHT

**Caesar Salad**, cos lettuce, parmesan, olives, croutons, Caesar dressing **V** £10

**Niçoise Salad**, mixed leaves, tomatoes, green beans, potatoes, anchovies, egg, olives, vinaigrette **GFV** £12

**Top-up your Salads** – Chicken breast £5.50, Halloumi V £4, Tuna Steak £8, Goats Cheese V £4

**Moules Marinière**- mussels in a light white wine, garlic and cream sauce served with local baked bread **GF** £14

**Top-up your Moules** - Samphire £3 (subject to season)

### MAIN COURSE

**Traditional Fish & Chips**, cod fillet in beer batter, skin on chips, mushy peas **GF** £14

**Whole Tail Breaded Scampi**, Whitby scampi, skin on chips, garden peas £14

**Sea Bass Fillet**, samphire, cherry tomatoes, asparagus, white wine and butter sauce, new potatoes **GF** £18

**Chicken Jalfrezi**, medium heat chicken curry with onions and peppers, served with rice and a poppadum **GF** £15

**Spicy Beef Chilli**, mixed leaf salad, nachos **GF** £13

**Top-up your Chilli** - Rice £2

**Welsh 8oz Rib-eye Steak**, grilled tomato, field mushroom, skin on chips **GF** £24

**Welsh 8oz Rump Steak**, grilled tomato, field mushroom, skin on chips **GF** £21

**Gammon 10oz Steak**, choice of egg or pineapple, garden peas, skin on chips **GF** £15.50

**Battered Halloumi**, halloumi in beer batter, mixed leaf salad, lemon mayonnaise, skin on chips **GFV** £13

**Sweet Potato Chilli**, mixed leaf salad, nachos **VE** £12

**Top-up your Chilli** - Rice £2

**Battered Tofu**, tofu in beer batter, mixed leaf salad, sweet chilli dip, skin on chips **GFVE** £13

## CHILDREN'S MENU

(available during lunch & dinner service)

**Chicken Nuggets and Chips** £7

**Beer Battered Mini Cod and Chips** **GF** £7

**Pork Sausages and Chips** £7

**Beef Burger and Chips** **GF** £7

**4oz Rump Steak and Chips** £9

All of the above are served with a choice of beans or peas

**Macaroni Cheese** with salad **V** £7

## HOT & COLD DRINKS

(available all day)

**Tea** - Green - Earl Grey - Breakfast - Peppermint £2.10

**Espresso** £2.00/£2.30

**Americano** £2.20/£2.50

**Cappuccino – Latte** £2.50/£2.80

**Fiat White - Floater Coffee** £2.50

**Mocha** £2.80/£3.10 - **Hot Chocolate** £2.70/£3.00 - **Luxury Hot Chocolate**, fresh cream, marshmallows £3.00/£3.30

**Liqueur Coffee** - **Liqueur Hot Chocolate**, fresh cream £6.00 (Irish Whiskey - Tia Maria - Baileys - Brandy)

\* Decaffeinated coffee and soya milk available on request\*

**Top up your hot drink** – Tregroes Toffee Waffle **V** £1