



# Sunday Lunch

## STARTERS

**SPICY POPCORN TOFU** with sriracha to dip [GFVE] 6.95

**TODAYS HOMEMADE SOUP** with locally baked bread [GFV] 6

**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

## ROASTS

**BREAST OF TURKEY & SAGE AND ONION STUFFING** 13

**WELSH BEEF & YORKSHIRE PUDDING** 13

**LEG OF PORK & CRACKLING** 13

**3 ROAST COMBO** 14

**CHILDREN'S ROAST** 7

*The above are all served with seasonal vegetables, creamed and roasted potatoes*

**LIGHT ROAST** a choice of meat served with seasonal salad and potatoes

## 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

## 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

## 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

*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

*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**