

Starters

Olives Mixta 3.25

Plump Spanish gordal olives, manzanilla olives, garlic, baby sweet gherkins and onions

Tandoori Chicken Wings 4.25

Cooked in our clay oven, marinated tandoori style

Vegetable Skewer 4.25

Cherry tomato, courgette, red onion and red pepper skewer roasted with pesto and olive oil in our clay oven

Chipirones 5.65

Crispy baby squid and Spanish smoked paprika, served with sweet chilli sauce

Dough Balls 3.75

Freshly baked dough balls with garlic butter

King Prawn Cocktail 5.95

Succulent king prawns and rocket served with our classic sauce

Our Pizzas

Thin and crusty stone baked pizzas, cooked in our clay oven topped with only the freshest finest quality ingredients.

Y Ddraig Goch (The Red Dragon) (v) 6.95

Our classic cheese and tomato pizza

Mae Hen Wlad Fy Nhadau (Land of My Fathers) (v) 8.75

Sautéed leeks, roasted red onion & perl las cheese from Caws Cenarth

The Wild Wild West 9.25

18 hour hickory smoked pulled pork, Reggae Reggae sauce, spicy roquito peppers

Pepperoni 8.75

The finest sliced Hungarian sausage on our cheese & tomato base.

Why not try our pepperoni deluxe? Add buffalo mozzarella and roasted red onion for £1 extra

Ultracomida – A little taste of Spain in Wales 11.85

Serano ham, chorizo, piquillo peppers, mushrooms, buffalo mozzarella & manchego cheese

L'italiano Gallese (The Welsh Italian) 9.85

Roasted tomatoes, crispy pancetta, rocket, Grana Padano & Caesar dressing

Strumble Head (f) 10.50

Smoked mackerel, anchovies, chilli, capers & parsley

The Butternut (v) 9.45

Sweet roasted butternut squash, pine nuts and creamy Perl las cheese

Costa Del Newport (v) 8.75

Juicy sun-blushed tomatoes, Gordal olives, buffalo mozzarella topped with Grana Padano cheese

The Chicken Run 9.85

Free-range chicken breast, roasted red peppers, roasted red onions & fresh oregano. Add pesto for 25p



Burgers

Our beef is local and minced in the butchers shop next door! All of our burgers are 6oz, served in a squashy brioche bun with crispy skin on fries and a pickle on the side. Swap skin on fries for sweet potato fries for 50p.

The Canteen Classic 9.65

6oz beef patty, tomato, lettuce, red onion & mayo

Classic with Cheese 10.75

6oz beef patty, colliers welsh cheddar, tomato, lettuce, red onion & mayo

Classic with Cheese and Pancetta 11.85

6oz beef patty, crispy pancetta, colliers welsh cheddar, tomato, lettuce, red onion & mayo

The Perl Las 11.25

6oz beef patty, topped with Perl las blue cheese, tomato, lettuce, red onion & mayo

The Free Ranger 9.85

Chicken breast, crispy pancetta, tomato, lettuce, red onion & mayo

The Veggie Burger 8.75

Flat mushroom, roasted with creamy goats cheese and piquillo peppers served with rocket in a squashy brioche bun

Guidelines issued by the Chartered Institute of Environmental Health require all of our beef burgers be cooked to a core temperature of 75 degrees C

We are not able to cook our burgers rare, medium rare or medium. Please accept our apologies for any inconvenience



Look to our specials board for our daily selection of freshly prepared salads, special pizzas & desserts

Food with Love

Sides

Mixed leaf salad 2.25

Skin on fries 2.00

Sweet potato fries 2.40

Homemade Crunchy Coleslaw 1.95

Dips

Sweet Chilli 95p

Garlic & Herb 95p

Spicy Honey & Chipotle 95p

Reggae Reggae Sauce 95p

Please speak with a member of the team if you have any allergies or require any information with regards to allergens that are in our food. While every care is taken the fish used in our dishes may contain bones.



Cethins

PEMBROKESHIRE
CYDER
4e 8% vol 500 ml e