

STONE BAKED PIZZA 10 INCH BASE GF AVAILABLE

Thin & crusty stonebaked pizzas, hand-stretched and cooked fresh to order, topped with only the finest quality toppings. Each pizza is 10 inches with a base of tomato sauce & mozzarella cheese

Y DDRAIG GOCH - THE RED DRAGON V 9.50

Our classic cheese and tomato pizza

MAE HEN WLAD FY NHADAU - LAND OF MY FATHERS V 12.00

Roasted leeks, roasted red onion, organic perl las cheese (blue cheese)

THE WILD WILD WEST 🔥 12.50

18 hour house smoked pulled pork, BBQ sauce, spicy roquito peppers

PEPPERONI 11.00

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

PEPPERONI DELUXE 12.50

Hungarian pepperoni roasted red onion & creamy mozzarella

SPICY PEPPERONI 🔥 13.00

Hungarian pepperoni, spicy Italian nduja sausage, roquito peppers

ULTRACOMIDA 14.00

Serrano ham, chorizo, piquillo peppers, mushrooms, creamy mozzarella, manchego

L'ITALIANO GALLESE - THE WELSH ITALIAN 12.50

Roasted tomatoes, crispy pancetta, rocket, Gran Levanto cheese, Caesar dressing

STRUMBLE HEAD F 13.00

Smoked mackerel, anchovies, chilli, capers, parsley - **May contain bones**

THE BUTTERNUT V 11.50

Sweet roasted butternut squash, courgette, pine nuts, organic perl las cheese (blue cheese)

COSTA DEL NEWPORT V 12.00

Roasted tomatoes, gordal olives, creamy mozzarella, Gran Levanto cheese

THE CHICKEN RUN 12.00

Chicken breast, roasted red peppers, roasted red onions, oregano

Y GAFR CYMRAEG - THE WELSH GOAT V 12.00

Spinach, roasted red onion, pine nuts, Pant y Sgawn goat's cheese

TULUM 🔥 14.00

Spicy Nduja, pineapple, roasted red onion, roquito peppers, pepperoni, rocket, caesar dressing

HAWAIIAN 12.00

Serrano ham, pineapple, oregano

BUILD YOUR OWN PIZZA

The Red Dragon pizza with either regular or vegan cheese

VEGGIES 1.10 EACH

Roasted Leeks · Roasted Red Onion · Roquito Peppers
Piquillo Peppers · Mushrooms · Roasted Tomatoes · Chillies
· Capers · Spinach · Gordal Olives · Roasted Butternut
Squash · Pineapple · Rocket · Pine Nuts

MEAT AND FISH 1.50 EACH

Smoked Pulled Pork · Hungarian Pepperoni · Chorizo · Spicy
Nduja Sausage · Serrano Ham · Crispy Pancetta ·
Chicken Breast · Smoked Mackerel · Anchovies

CHEESE 1.30 EACH

Creamy Mozzarella · Welsh Goat's Cheese · Manchego
Gran Levanto · Perl Las · Vegan Cheese

SIDES & DIPS

MIXED LEAF SALAD	2.50
SKIN ON FRIES GF	3.50
SWEET POTATO FRIES GF	4.50
COLESLAW VE	3.00
GARLIC BREAD	4.00
GARLIC BREAD WITH CHEESE	5.00
SWEET CHILLI DIP VE	1.00
GARLIC AND HERB DIP VE	1.00
SPICY CHIPOTLE AND MAPLE SYRUP DIP VE	1.00

SALADS

CHICKEN AND PANCETTA CAESAR	12.95
Tender chicken breast, crispy pancetta, mixed leaves, croutons, caesar dressing, Gran Levanto	
GOAT'S CHEESE SALAD V	10.95
Welsh Pant y Sgawn goat's cheese, mixed leaves, roast butternut squash, roasted red onion, walnuts, balsamic & maple syrup dressing	

VE VEGAN V VEGETARIAN F FISH GF GLUTEN FREE 🔥 SPICY

WHILE YOU WAIT

OLIVES	4.50
Spanish gordal & baby gordal olives, chilli	
GOAT'S CHEESE SALAD V	5.50
Pant y Sgawn goat's cheese, mixed leaves, butternut squash, red onions, walnuts, balsamic & maple dressing	
TEMPURA PRAWNS F	7.00
Tempura battered prawns, sweet chilli dip	
SALT AND PEPPER SQUID F	7.00
Salt & pepper squid chunks, garlic and herb dip	
DOUGH BALLS	5.00
Freshly baked dough balls, garlic butter or garlic oil	

BREAKFAST 10:00 - 11:30

BACON SOURDOUGH ROLL	5.50
SAUSAGE SOURDOUGH ROLL	5.00
BACON AND SAUSAGE SOURDOUGH ROLL	7.00
VEGAN SAUSAGE SOURDOUGH ROLL VE	5.50
FRIED EGG SOURDOUGH ROLL V	4.00
EXTRA EGG	1.00
TOASTED TEACAKE	2.50

LUNCH ROLLS 12:00 - 14:00 GF AVAILABLE

CAJUN CHICKEN	14.95
Cajun chicken breast, lettuce, tomato, mayo, fries	
BLT	11.95
Smoked bacon, lettuce, tomato, mayo, fries	
PULLED PORK	13.95
18 hour house smoked pork, BBQ sauce, coleslaw, fries	
VEGGIE BURGER VE	12.95
Lentils, carrots, onions, lettuce, tomato, mayo, fries	

The Canteen

WINES

SML	REG	LRG	BOTTLE
125ml	175ml	250ml	750ml

RED

SERITI, MERLOT, SOUTH AFRICA 14%	3.60	4.70	6.80	18.95
LOPEZ DE HARO, TEMPRANILLO, SPAIN 13.5%	4.00	5.30	7.50	20.95
PABLO Y WALTER, MALBEC, ARGENTINA (VEGAN) 14%	-	-	-	22.95
IL MEDAGLIONE, NEGROMARO, ITALY 13%	-	-	-	24.95

WHITE

PAARL HEIGHTS, CHENIN BLANC, SOUTH AFRICA 12%	3.60	4.70	6.80	18.95
VIA NOVA, PINOT GRIGIO, ITALY 12%	4.00	5.30	7.50	20.95
CLOUD FACTORY, SAUVIGNON BLANC, NEW ZEALAND 12.5%	-	-	-	22.95
BODEGAS NAIA, K-NAIA, SPAIN (VEGAN) 13.5%	-	-	-	24.95

ROSE

THE BIG TOP, WHITE ZINFANDEL ROSE, USA 10%	3.50	4.70	6.50	18.95
MUGA ROSADO, SPAIN 13.5%	-	-	-	23.95

SPARKLING

DURELLO SPUMANTE, BRUT PALLADIANO, ITALY 11.5%	-	-	-	23.95
LUNETTA PROSECCO SPUMANTE, ITALY 20CL 11%	-	-	-	6.95

LOCAL BEER & CIDER

LOOK TO OUR SPECIALS BOARD FOR OUR BLUESTONE CRAFT BEERS & NON-ALCOHOLIC SELECTION

BLUESTONE PRESELI PILS 4.7% 330ml	4.50
GETHINS PEMBROKESHIRE CYDER 6% 500ml	5.50
GWYNT Y DDRAIG CIDER 4.9% 500ml	5.50

SOFTS


COCA COLA 330ML	2.80
DIET COKE 330ML	2.80
FENTIMANS WILD ELDERFLOWER 275ML	3.00
FENTIMANS GINGER BEER 275ML	3.00
FLAWSOME ORANGE JUICE 250ML	3.00
FLAWSOME APPLE JUICE 250ML	3.00
FLAWSOME FIZZY APPLE 250ML	3.00
FLAWSOME FIZZY APPLE & RHUBARB 250ML	3.00
LEMONADE 330ML	2.80
STILL OR SPARKLING WATER SML / LRG	1.75 / 2.50
STANDARD MILKSHAKE SML / LRG	3.00 / 4.00
DELUXE MILKSHAKE	5.00



OUR MILK COMES FROM CARNINGLI DAIRY, A FAMILY RUN WELSH DAIRY FARM THAT PRODUCES RICH, GRASS FED, TOP QUALITY MILK



BLUESTONE BREWING IS OUR LOCAL ETHICAL, SUSTAINABLE AND AWARD WINNING BREWERY, BASED IN PEMBROKESHIRE

PLEASE FEEL FREE TO REACH OUT TO ANY MEMBER OF OUR STAFF IF YOU REQUIRE ALLERGY AND INGREDIENT INFORMATION 

COFFEE

EXTRACT COFFEE

ESPRESSO	2.50
DOUBLE ESPRESSO	2.70
AMERICANO	2.60
FLAT WHITE	3.00
CAPPUCCINO	3.00
LATTÉ	3.00
MOCHA	3.50
MACCHIATO	2.70
HOT CHOCOLATE	3.50
DELUXE HOT CHOCOLATE	4.00
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EXTRA COFFEE SHOT	0.75
FLAVOURED SYRUP	0.75

TEAS

ENGLISH BREAKFAST TEA	2.50
DECAF ENGLISH BREAKFAST TEA	2.50
EARL GREY	2.50
MINT TEA	2.50
GREEN TEA	2.50



FRESH FARM MILK, SEMI-SKIMMED MILK & OAT MILK IS AVAILABLE WITH HOT DRINKS