



APPETISERS

STICKY CHICKEN WINGS Juicy, tender chicken wings coated to perfection. Choose your favourite topping £10
BUFFALO - classic tangy heat
HOT HONEY & SESAME - sweet with a spicy kick

ASIAN BEEF STRIPS With peppers and onions and topped with spring onions and sesame £10.50

BREADED HALLOUMI WITH SWEET CHILLI V £9

CHILLI PRAWNS & CHORIZO Pan-fried chilli prawns with chorizo in garlic butter £9

FISH GOUJONS With homemade tartare sauce and topped with parmesan £9

FLATS

GARLIC V Classic garlic flat £9 *Add cheese + £2*

MARGHERITA V Mozzarella, cherry tomatoes and basil £14

MUSHROOM & TRUFFLE V Roasted mushrooms, truffle and garlic aioli £15

CHORIZO & PRAWN Chorizo, tomato, tiger prawns, parmesan and chimichurri £17

SIDES

SIDE SALAD £5

MARINATED OLIVES £5

SKINNY FRIES £5

ONION RINGS £5.50

SAUTÉED VEGGIES £5

TRUFFLE & PARMESAN FRIES £6.50

We are proud of our location in Wales, and care about using the best local produce: Andrew Rees Butchers; Swansea Fish; Salt + Smoke Salmon; Caws Cenarth Cheese; Egg Shed; PGI Welsh Beef; Neil Thomas (Fisherman); Upton Farm Foods; Four Seasons Fruit & Veg; Pant Mawr Cheese; Templeton Beer & Wine; Tenby Harbwr Brewery

BRUNCH SERVED 'TIL 4PM

RONNIZ' STEAK & EGGS Welsh steak and eggs, fried potatoes, creamy blue cheese, onions and mushrooms served in a sizzling pan £15

STEAK ROYALE One toasted English muffin with steak, rocket, crispy onions, poached egg and hollandaise sauce £14.50

ROASTED ASPARAGUS & EGGS V Asparagus, roasted cherry tomatoes and guacamole with poached eggs on a sourdough slice £12 *Add smoked bacon +£2*

ALL DAY WELSH BREAKFAST One fried egg, two rashers of bacon, one 'Andrew Rees Butchers' sausage, roasted tomato, mushrooms, fried potatoes, baked beans, black pudding and toast £11

GARDEN BREAKFAST VE (ASK TO ADD EGGS) Roasted cherry tomatoes, roasted peppers, mushrooms, fried potatoes, baked beans, guacamole and toast £11

HIGH STREET DELI SERVED 'TIL 4PM

WELSH STEAK Pan-fried Welsh steak strips, chimichurri, crispy onions, parmesan and rocket served on a baguette £14

PLOUGHMAN'S Pembrokeshire ham, Welsh cheddar, pickle and red onion, mixed leaf in a crunchy baguette £10

OPEN CHICKEN CAESAR Shredded, roasted chicken, parmesan cheese and Caesar dressing in a crunchy open baguette £10.50

'SALT & SMOKE' SMOKED SALMON With cream cheese and chive in a bagel £10

RONNIZ' CUBANO Slow roasted pork, Pembrokeshire ham, melted cheese, gherkins and mustard £12

MAIN EVENT

PLEASE ASK TO SEE TODAY'S SPECIALS

16OZ BONE IN RIBEYE TOMAHAWK With cherry vine tomatoes, skinny fries, chimichurri and Ronniz' butter £29

8OZ WELSH FILLET With cherry vine tomatoes, skinny fries, chimichurri and Ronniz' butter £32

ADD A SAUCE: BLUE CHEESE OR PEPPER CORN £5 | ADD ONION RINGS £5.50

DOORSTOP HOMEMADE LASAGNE Rich, slow-cooked beef and pork ragu, creamy béchamel sauce and fresh pasta sheets served with a side of golden, buttery garlic bread £17.50

SEABASS & PRAWNS Pan-fried seabass on a bed of tomato, prawn and chorizo risotto £26

PHILLY CHEESESTEAK BURGER Two chargrilled beef patty's with fried green peppers, melted cheese and cheese sauce served with skinny fries and slaw £18

BUTTERMILK CHICKEN BURGER Asian slaw, gochujang mayo served with skinny fries and salad £18

VEGAN KOFTA WITH GREEK SALAD Sliced cucumbers, tomatoes, red onion, olives, and feta cheese £14

FISH AND CHIPS Lightly battered cod and skinny fries with homemade tartare sauce and garden peas £17

PAN-SEARED CHICKEN BREAST Served on a bed of new potatoes, with a creamy wild mushroom and tarragon sauce, and seasonal vegetables £21

MUSHROOM RAGU V A rich mushroom ragu, slowly cooked and folded through thick Pappardelle pasta topped with parmesan £16

BBQ PORK RIBS Half or full rack of slow cooked BBQ pork ribs with fries and coleslaw Full £23 | Half £17

ITALIAN CARBONARA With crisp pancetta and black pepper £19
Add: Parmesan Pot £1.50

If you require information regarding the presence of allergens in any of our food and drink, please ask your server who will be happy to help. Feel free to ask if we can make a dish gluten free. GM oil may be used in the cooking of some foods.