



APPETISERS

STICKY CHICKEN WINGS

Juicy, tender chicken wings coated in classic tangy buffalo
£10

PARMA HAM & ASPARAGUS

With poached egg & hollandaise £10.50

BREADED HALLOUMI V

with hot honey & sesame £9

CHILLI PRAWNS & CHORIZO

Pan-fried chilli prawns with chorizo in garlic butter £9

HOMEMADE FISH CAKE

With sweet chilli dip £9

DUCK CONFIT DIRTY FRIES

Confit duck, hoisin sauce chilli & spring onions £9

DIRTY PIZZA FRIES

With tomato base and topped with chorizo & cheese £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

MAIN EVENT

ADD A SAUCE: BLUE CHEESE OR PEPPERCORN £5 ADD ONION RINGS £5.50

WHOLE FISH OF THE DAY with potatoes and seasonal vegetables. Please ask your server for today's special.

KING PRAWN, CRAB AND CHERRY TOMATO LINGUINE in a brandy cream sauce £23

10oz WELSH SIRLOIN 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

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

PAN-FRIED SEABASS on a bed of tomato, prawn and chorizo risotto £26

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

BUTTERMILK CHICKEN BURGER with pickled pink onions, gochujang mayo served with skinny fries and salad £18

ITALIAN PARMIGIANA V Roasted aubergine with a rich tomato sauce topped with golden mozzarella and parmesan with a side of golden, buttery garlic bread £17. Add shredded chicken £3

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

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

GLAZED HAM SHANK with mustard mash, confit leek, green vegetables and white wine sauce £20

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.

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.

