

# 1

## THE LUNCH MENU

We like to keep the dish descriptions simple and straightforward, dishes suitable for vegetarians are annotated with a (v), if you suffer from any allergies or food intolerance's and want to be sure what is in any of the dishes, please do not hesitate to ask. We also offer a gluten / wheat free menu, again please ask your server and they will be able to help you.

### BEGINNINGS

<b>Cherry tomato focaccia bread, served with olive oil and balsamic vinegar for dipping (v)</b>	<b>£3.25</b>
<b>A jar of Mediterranean herb marinated mixed olives (v)</b>	<b>£3.75</b>
<b>A jar of sweet mini bell peppers stuffed with feta and drizzled with olive oil (v)</b>	<b>£3.75</b>
<b>Anchovies marinated in oil</b>	<b>£3.95</b>
<b>Cockles, malt vinegar and white pepper</b>	<b>£3.95</b>

### STARTERS

<b>Roasted red pepper and vine tomato soup (v)</b> Served with Pecorino cheese, croutons, basil infused oil and a mini onion loaf	<b>£7.25</b>
<b>Calamari</b> Baby squid lightly coated in seasoned flour, served with a garlic mayo	<b>£7.50</b>
<b>Goat cheese and pear tartines (v)</b> Goats cheese served on toasted ciabatta topped with honey griddled pears, rocket and toasted walnuts	<b>£7.50</b>
<b>Crispy British Whitebait</b> Served simply with lemon, tartar sauce, granary bread & butter	<b>£7.50</b>
<b>Smokey Mackerel pate</b> Smoked Mackerel pate made fresh with capers and a dill mayo, served with pickled celery and toasted sourdough	<b>£7.75</b>
<b>The classic 1970's prawn cocktail</b> Served simply with lemon, Marie Rose sauce, granary bread & butter	<b>£7.75</b>
<b>Game Terrine</b> Seasonal game mixed with pistachio nuts, brandy and madeira, served with a cider apple jelly and toasted sourdough	<b>£7.95</b>
<b>Chipotle chicken wings</b> Chicken wings marinated in a chipotle bbq sauce and served with a sour cream and chive dipping sauce	<b>£7.95</b>
<b>The Cambrian Fisherman's sharing platter</b> Butterfly king prawns, crab meat, smokey mackerel pate, whitebait, calamari, a half pint of Atlantic shell on prawns, cockles and samphire, Marie Rose sauce, tartar sauce and a crusty roll	<b>£19.95</b>

# 2

## MAINS

### Paninis

<b>Roast chicken</b>	<b>£7.95</b>
Sliced chicken breast with smoked bacon, Brie and cranberry sauce	
<b>BBQ pulled pork</b>	<b>£8.25</b>
With smoked bacon, Applewood cheddar, red onion and a smokey bbq sauce	
<b>Grilled Reuben</b>	<b>£8.95</b>
Sliced Pastrami, Emmental cheese, sauerkraut and Thousand Island sauce served on toasted malted bloomer	

**All our Paninis are served with homemade coleslaw and salad garnish**

### Sandwiches

<b>Posh fish finger</b>	<b>£7.95</b>
Fish fingers with crisp romaine lettuce, cucumber, mayonnaise, and a Bloody Mary ketchup on malted bloomer	
<b>Prawn cocktail</b>	<b>£7.95</b>
Atlantic prawns in a Marie Rose sauce with romaine lettuce and cucumber on malted bloomer	
<b>St. Brides Bay Crab (seasonal)</b>	<b>£9.50</b>
Fresh crab with romaine lettuce, cucumber and mayonnaise on malted bloomer	

**All our Sandwiches are served with homemade coleslaw and a salad garnish**

### Salads

<b>Classic Caesar salad</b>	<b>£10.95</b>
Romaine lettuce tossed in a creamy Caesar dressing, parmesan, bacon, anchovies and croutons	
<b>Greek salad (v)</b>	<b>£10.95</b>
A mix of tomato, cucumber, red onion, black olive and feta tossed with a fresh mint, lemon dill dressing served with a flatbread and tzatziki	
<b>Quinoa and roasted sweet potato salad (v)</b>	<b>£10.95</b>
Sweet potato dry roasted in Mexican spices tossed with quinoa, black beans, sweet corn, red onion, fresh coriander, drizzled with lime and garlic dressing, served with a flatbread	

**Add a topping of either grilled goats cheese £2.95, chicken breast fillet £3.95 or Cajun salmon fillet £4.95 to your salad.**

# 3

## MAINS

### Pub Classics

<b>Whole tail scampi</b>	<b>£13.95</b>
Served with homemade chips, mushy peas, pickles and tartar sauce	
<b>Welsh Beef lasagne</b>	<b>£13.95</b>
Served with our homemade chips and a mini Caesar salad	
<b>Beer battered Cod and chips</b>	<b>£13.95</b>
British Cod battered in our own beer batter and served with homemade chips mushy peas and tartar sauce	
<b>Tandoori chicken jalfrezi</b>	<b>£14.75</b>
Tandoori chicken in a medium to hot spiced sauce served with basmati rice, a garlic and coriander Nan bread, cucumber raita, mango chutney and an onion bhaji	
<b>Steak, Guinness and Stilton pie</b>	<b>£14.75</b>
Slow cooked Welsh beef in a rich Guinness gravy with melted Stilton cheese, topped with a suet crust and served with our homemade chips	

### Seafood

**We source our shellfish and fish locally from day boats and trusted suppliers therefore our stock is subject to weather and availability on the day**

<b>Moules Frites</b>	<b>£15.95</b>
Fresh Welsh mussels steamed in a white wine and leek cream sauce and served with homemade chips	
<b>Tiger prawns</b>	<b>£16.95</b>
Wild tiger prawns pan fried with a garlic butter, served with truffle mayo, ciabatta and a rocket salad	

### Vegetarian

<b>Butternut squash and red onion tagine (v)</b>	<b>£13.95</b>
Served with flatbread, tzatziki, hummus and a chargrilled vegetable and feta couscous	
<b>Spinach and Ricotta cannelloni (v)</b>	<b>£13.95</b>
Served with homemade chips and a rocket, tomato and red onion salad	
<b>'Fat Vegetarian' burger (v)</b>	<b>£14.25</b>
Mexican spiced mixed bean patty with sour cream topped with crispy onions, jalapenos, Applewood cheddar and a chipotle bbq sauce	

# 4

## MAINS

### Our “Fat” Gourmet Burgers

**All of our burgers come in a toasted Brioche bap and are served with a sliced gherkin and our own home made chips and home made coleslaw**

In 2014 we introduced the now classic Fat Pig Burger, followed over the years by a few other varieties all of which continue to be so popular that we struggle to please everyone by keeping them all on the menu. For the 2020 summer season the Fat Chick, takes on a Portuguese / African identity, the Fat Cow reverts to a true American classic and the Fat Lamb heads south of the border!

<b>The ‘Fat Chick’ burger</b>	<b>£14.50</b>
Crispy fried chicken fillet, topped with spicy piri piri pulled chicken, sour cream and chives, smoked bacon and Applewood cheddar	
<b>The Original ‘Fat Pig’ burger</b>	<b>£14.50</b>
Now a Cambrian classic a Welsh pork patty, topped with smoked bacon and bbq pulled pork, melting Applewood cheese, honey mustard mayonnaise and a smokey bbq sauce	
<b>The ‘Fat Lamb’ burger</b>	<b>£14.75</b>
Lamb patty, topped with roasted garlic pulled lamb shoulder, melting Manchego cheese and served with a chimichurri sauce and garlic mayo	
<b>The ‘Fat Cow’ burger</b>	<b>£14.95</b>
The all time classic bacon double cheeseburger, two chuck beef patty’s loaded with smoked bacon and American cheese with a mild mustard and tomato relish	

## SIDES (v)

<b>Chips</b>	<b>£2.75</b>	<b>Onion Rings</b>	<b>£2.75</b>	<b>Buttered green beans and garden peas</b>	<b>£3.25</b>
		<b>Crispy breaded mushrooms with a garlic mayonnaise</b>	<b>£2.95</b>		
		<b>Cherry tomato, rocket and red onion salad</b>	<b>£3.25</b>		
		<b>Cajun spiced sweet potato fries</b>	<b>£3.75</b>		
<b>Baked Garlic and Mozzarella ciabatta bread</b>	<b>£3.95</b>	<b>Truffle chips with shaved Parmesan</b>	<b>£4.75</b>		