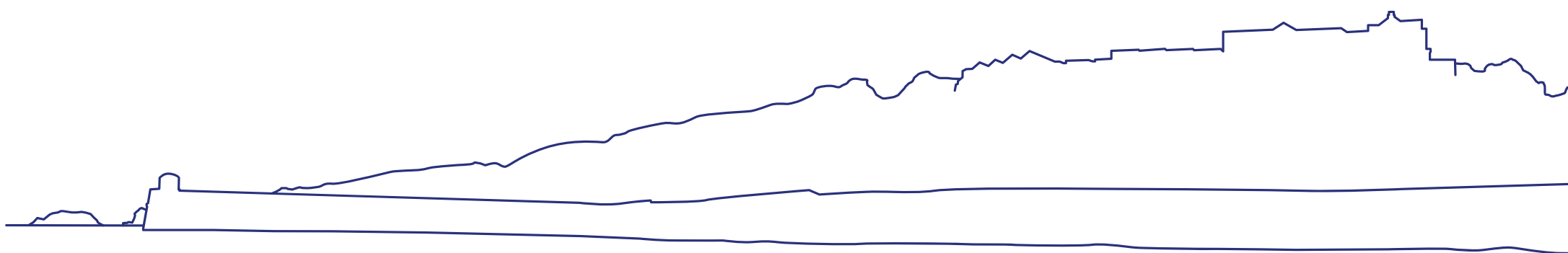


the  
**Cliff**  
restaurant

LUNCH MENU

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# LUNCH MENU

## TO NIBBLE

<b>Homemade Pembrokeshire Sea Salt and Rosemary Focaccia</b> .....	£5.00
<small>Welsh butter (V,G,D)</small>	
<b>Marinated Olives (V)</b> .....	£5.00

## STARTERS

<b>Miso and Sesame Glazed Salmon</b> .....	£13.50
<small>Crisp noodles, grapefruit and avocado, Thai dressing (F,G,S,SD,Se)</small>	
<b>Confit Duck Bon Bon</b> .....	£12.50
<small>Chickory, hazelnuts, orange emulsion (G,N,D,E)</small>	
<b>Smoked Fish and Laverbread Fishcake</b> .....	£12.50
<small>Poached egg, herb crushed butterbeans, chive and salmon roe butter sauce (F,G,D,E,SD)</small>	
<b>Heritage Beetroot and Goat's Cheese Salad</b> .....	£12.50
<small>Pickled radish, samphire, pomegranate and mint dressing (V,D,SD)</small>	
<b>Chilled Gazpacho Soup</b> .....	£8.00
<small>Tapenade, basil crostini (V,G,S,SD)</small>	

## MAINS

<b>Grilled Minute Steak</b> .....	£22.50
<small>Café de Paris butter, Welsh beer braised onions, watercress, served with fries (G,D,SD,Mu,F)</small>	
<b>Sweet Cured Pork Loin Cutlet</b> .....	£22.50
<small>Spring greens, confit garlic mash, mustard and thyme sauce (D,SD,Mu,C)</small>	
<b>Grilled Stone Bass</b> .....	£22.50
<small>Sea vegetable and apple slaw, capers, lemon and parsley butter (F,D,SD)</small>	
<b>Pembrokeshire Beer Battered Cod</b> .....	£19.50
<small>Crushed peas, tartare sauce, chips and lemon (F,G,SD,Mu)</small>	
<b>Marinated Paneer Steak</b> .....	£18.00
<small>Chickpea and spinach dahl, crispy kale, sesame and curry dressing (V,D,SD)</small>	
<b>St Brides Beef Burger with Monterey Jack Cheese</b> .....	£18.00
<small>Pickles, tomato, lettuce, Sriracha mayonnaise, served with fries (G,S,D,E)</small>	
<b>St Brides Buttermilk Chicken Burger</b> .....	£18.00
<small>Pickles, tomato, lettuce, Sriracha mayonnaise, served with fries (G,S,D,E)</small>	

## SIDES

<b>Tenderstem Broccoli, Romesco Sauce (V,N,SD)</b> .....	£5.50
<b>Parmesan and Truffle Fries (V,D)</b> .....	£5.50
<b>Summer Leaf and Herb Salad, Broad Beans, Fennel, Yuzu Dressing (V)</b> .....	£5.00
<b>Chips (V)</b> .....	£4.50

## DESSERTS

<b>Lemon Panna Cotta</b> .....	£8.00
<small>Raspberries, white peach sorbet (V,S)</small>	
<b>Sticky Toffee Pudding</b> .....	£8.00
<small>Dates, toffee sauce, vanilla ice cream (V,G,S,D,E)</small>	
<b>Chocolate Mocha Mousse</b> .....	£8.00
<small>Orange and vanilla cream, Biscotti (V,G,N,D,E,SD)</small>	
<b>Welsh Cheese Selection</b> .....	£15.00
<small>Perl Las, Black Bomber, Pant-Ys-Gawn goat's cheese and Perl Wen, with spiced Welsh tomato chutney, macerated grapes and crackers (V,G,D,C)</small>	

A discretionary 10% service charge will be added to your bill.

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers. ✓ Plant-based, (V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.