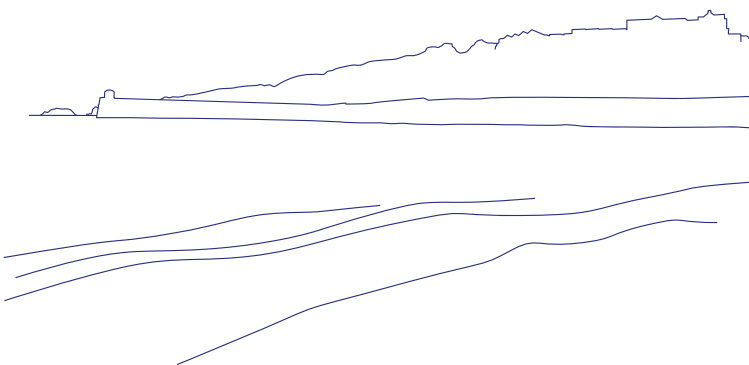


the Gallery

bar and lounge

BAR MENU

Available 12pm to 5pm



TO NIBBLE

**Homemade Pembrokeshire Sea Salt
and Rosemary Focaccia** £5.00

Welsh butter (V,G,D)

Marinated Olives (V) £5.00

SANDWICHES

*All served on your choice of white or brown bloomer
bread, with side salad and fries*

Crab and Prawn Sandwich £15.50

Gem lettuce, lemon and tarragon mayonnaise
(Cr,G,S,SD,Mu)

Home Cooked Ham Sandwich £10.50

Egg mayonnaise and cress (G,S,E,SD,Mu)

Welsh Cheddar Cheese Sandwich £10.00

Confit tomato and rocket (V,G,S,D,SD,Mu)

Coronation Chickpea Sandwich £9.50

Almonds, apricot and coriander (V,G,N,S,SD,Mu)

SALADS

Carmarthen Ham and Bocconcini Salad .. £16.00

Marinated peaches, lamb's lettuce, basil
emulsion, bread crisp, balsamic vinaigrette
(G,D,E,SD,Mu)

Soused Pembrokeshire Mackerel £14.00

Sea vegetable slaw, confit potatoes,
yuzu emulsion (F,D)

Heritage Beetroot and Goat's Cheese £12.50

Pickled radish, samphire, watercress,
pomegranate and mint dressing (V,D,SD)

LIGHT BITES

**St Brides Beef Burger
with Monterey Jack Cheese £18.00**

Pickles, tomato, lettuce, Sriracha mayonnaise, served with fries (G,S,D,E)

St Brides Buttermilk Chicken Burger £18.00

Pickles, tomato, lettuce, Sriracha mayonnaise, served with fries (G,S,D,E)

Miso and Sesame Glazed Salmon £13.50

Crisp noodles, grapefruit and avocado, Thai dressing (F,G,S,SD,Se)

Chilled Gazpacho Soup £8.00

Tapenade, basil crostini (V,G,S,SD)

**St Brides Deli Board
(For Two to Share) £35.00**

Homemade Pembrokeshire sea salt and rosemary focaccia with seaweed butter, house smoked duck, smoked salmon, summer pea houmous, cured meats, olives, bocconcini, tomato and beer chutney (G,D,Se,SD)

SIDES

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

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.

HOT DRINKS

Flat White (V,D) **£4.45**

Cappuccino (V,D) **£4.25**

Double Espresso (V) **£4.25**

Mochaccino (V,D) **£4.25**

Macchiato (V,D) **£4.25**

Café Latte (V,D) **£4.25**

Americano (V,D) **£3.95**

Single Espresso (V) **£3.45**

Add Syrup **£1.00**

Hot Chocolate (V,D) **£4.95**

Welsh Brew Loose Leaf Tea **£4.95**

Celtic No.1 HQ, Welsh Strawberries & Cream,
Earl Grey, Darjeeling, Mixed Berry, Green Tea
Roobios & Orange, Green Tea, Mango & Bergamot,
Lemon & Ginger, Spiced Chai

Welsh Brew Tea Selection **£3.45**

Breakfast, Earl Grey, Cranberry & Raspberry,
Chamomile, Mixed Berry, Green Tea, Lemon & Ginger,
Peppermint, Decaffeinated

St BRIDES
spa hotel

