

## SANDWICHES

Available 12pm to 5pm

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

### Prawn and Hot Smoked Salmon Brioche Roll ..... £17.00

Avocado, mint and lime mayonnaise  
(W,F,Cr,S,D,E,SD,Mu)

### Pembrokeshire Chilli Farm Spiced Goat's Cheese Flatbread ..... £14.00

Houmous, pickled fennel, chilli jam  
(V,W,S,D,Se,SD,Mu)

### Chicken BLT Sandwich ..... £13.50

Roast chicken, bacon, lettuce and tomato, herb mayonnaise  
(W,S,SD,Mu,R)

### Basil Cream Cheese and Sun Blushed Tomato Sandwich ..... £13.00

Roasted peppers, pickled red onions  
(V,W,D,SD,Mu,R)

### Welsh Cheddar Cheese Sandwich ..... £11.50

Confit tomato and rocket  
(V,W,S,SD,Mu,R)

## LIGHT BITES

### Grilled Minute Steak ..... £23.50

Café de Paris butter, Welsh beer braised onions, watercress and fries  
(W,F,D,S,Mu)

### Pembrokeshire Beer Battered Cod ..... £19.50

Crushed peas, tartare sauce, chips and lemon  
(W,F,SD,Mu)

### St Brides Beef Burger with Monterey Jack Cheese ..... £16.00

Gem lettuce, pickles, tomato, Sriracha mayonnaise, served with fries  
(W,D,E,S)

### St Brides Buttermilk Chicken Burger ..... £16.00

Gem lettuce, pickles, tomato, Sriracha mayonnaise, served with fries  
(W,S,D,E,SD,Mu,C)

### Tandoori Spiced Tofu Steak Burger ..... £15.00

Gem lettuce, pickled cucumber, curried pear chutney, bhaji, served with fries  
(V,W,B,S,SD,Mu)

### Smoked Salmon with Mustard and Welsh Honey Dressing ..... £15.00

Potato salad, watercress, samphire  
(B,F,SD,Mu)

### St Brides Soup of the Day ..... £10.00

Homemade bread, seaweed butter  
(V,W,D,C)

## SIDES

### Truffle Fries (V,D) ..... £5.50

### Chips (V) ..... £4.50

### Pembrokeshire Potatoes with Seaweed Butter (V,D) ..... £4.50

### St Brides Salad with Yuzu, Mint and Chilli Dressing (V,SD) ..... £4.50

## DESSERTS

### Sticky Toffee Pudding ..... £8.50

Coffee-soaked dates, clotted cream ice cream  
(V,W,S,D,E)

### Lemon Panna Cotta ..... £8.00

Sea buckthorn sorbet, smoked honeycomb  
(V,S)

### Selection of St Brides Sorbets ..... £8.00

Your choice of three scoops, please ask for today's flavours (V)

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, (D) Contains milk, (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 (O) Contains oats, (R) Contains rye, (B) Contains barley, (W) Contains wheat, (Sp) Contains spelt, (A) Contains almonds, (Bn) Contains brazil nuts, (Cn) Contains cashew nuts, (H) Contains hazelnuts, (Pn) Contains pecan nuts, (Ps) Contains pistachios, (Wn) Contains walnuts.

# HOT DRINKS

<b>Flat White</b> (V,D) .....	<b>£4.45</b>
<b>Cappuccino</b> (V,D) .....	<b>£4.25</b>
<b>Double Espresso</b> (V) .....	<b>£4.25</b>
<b>Mochaccino</b> (V,D) .....	<b>£4.25</b>
<b>Macchiato</b> (V,D) .....	<b>£4.25</b>
<b>Café Latte</b> (V,D) .....	<b>£4.25</b>
<b>Americano</b> (V,D) .....	<b>£3.95</b>
<b>Single Espresso</b> (V) .....	<b>£3.45</b>
<b>Add Syrup</b> .....	<b>£1.00</b>
<b>Hot Chocolate</b> (V,D) .....	<b>£4.95</b>
<b>Welsh Brew Loose Leaf Tea</b> .....	<b>£4.95</b>
<b>Welsh Brew Tea Selection</b> .....	<b>£3.45</b>

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

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

St BRIDES  
spa hotel



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## BAR MENU

Available 12pm to 9pm

