

Breakfast...

Served until 12pm, using local free range eggs

Welsh Breakfast 7.95

Full cooked breakfast, fried egg, bacon, welsh sausage served with mushrooms, tomato, baked beans and sourdough toast

Uova in Camicia con Funghi 5.95

Poached egg served with mushrooms and tomatoes on sourdough toast *(v)*

Uova Strapazzate al Salmone 6.95

Scrambled eggs, smoked salmon, mascarpone served on sourdough toast

Avocado con Funghi 5.95

Seasoned avocado with mushrooms served on sourdough toast *(v) (vg)*

Panini...

Calabrese 5.95

Italian grilled bread with spicy salami, cheese and rocket

Venezia 7.95

Italian grilled bread with chicken and gorgonzola cheese

Mediterranea 6.95

Italian grilled bread with roasted Mediterranean vegetables and homemade pesto *(v) can be (vg)*

Caprese 7.95

Italian grilled bread with tomatoes, buffalo mozzarella, basil and homemade pesto *(v)*

Parma 5.95

Italian grilled bread with prosciutto, tomato and basil

Pasta... from 12pm

Lasagne 13.95

Fresh hand made pasta baked with finest Pembrokeshire beef, served with a our dressed mixed salad

Conchiglioni al Pollo 13.95

Large pasta shells stuffed with chicken, spinach and tomato in a creamy mushroom and white wine sauce

Spaghetti con Polpette 11.95

Traditional Italian spaghetti with handmade meat balls in tomato sauce

Tagliatelle ai Gamberi 13.95

Fresh homemade ribbon pasta served with prawns, cherry tomatoes and fresh basil

Fettuccine al Salmone 12.95

A delicious, light salmon dish with fresh hand made ribbon pasta

Spaghetti alle Verdure 12.95

Traditional Italian spaghetti with roasted Mediterranean vegetables in our homemade tomato sauce *(v) (vg)*

Fettuccine al Pesto alla Genovese 11.95

Hand made Tuscan style ribbon pasta, served with homemade pesto, French beans and pine nuts *(v) can be (vg)*

Spaghetti Pomodoro 9.95

House spaghetti with our classic seasoned tomato sauce *(v) (vg)*

Sides... *(v) can be (vg)*

Crunchy mixed leaf salad

3.95

Rustic garlic pizza bread

3.95