

## Breakfast... can be (g/f)

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... grilled Italian bread

can be (g/f)

### Calabrese 5.95

Filled with spicy salami, cheese and rocket

### Venezia 7.95

Filled with chicken and gorgonzola cheese

### Mediterranea 6.95

Filled with roasted aubergine, tomato and homemade pesto (v) can be (vg)

### Caprese 7.95

Filled with tomatoes, buffalo mozzarella, basil and homemade pesto (v)

### Parma 5.95

Filled with prosciutto, tomato and basil

## Pasta... from 12pm

### Lasagne 13.95

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

### Casarecce al Pollo 13.95

Casarecce pasta served with a creamy chicken and mushroom sauce, finished with cherry tomatoes and fresh spinach can be (g/f)

### Spaghetti Bolognese 11.95

Traditional Italian spaghetti served with our homemade classic bolognese sauce can be (g/f)

### Tagliatelle al Salmone 14.95

Fresh ribbon pasta served with fresh salmon and spinach in a white wine, cream and caper sauce can be (g/f)

### Linguine al Nero di Seppia Pescatora 14.95

Fresh squid ink linguine pasta served with king prawns, calamari, shell on mussels, red jalapenos, cherry tomatoes, in our classic tomato sauce can be (g/f)

### Casarecce Norma 12.95

Casarecce pasta with roasted aubergine, cherry tomatoes, in our seasoned tomato sauce, topped with fresh buffalo mozzarella and basil. (v) can be (vg) or (g/f)

### Fettuccine al Pesto alla Genovese 11.95

Fresh Tuscan style ribbon pasta, served with homemade pesto, green beans and toasted pine nuts (v) can be (vg) or (g/f)

### Spaghetti Pomodoro 9.95

House spaghetti with our classic seasoned tomato sauce (v) (vg) can be (g/f)

## Sides... (v) can be (vg) (g/f)

Crunchy mixed leaf salad

3.95 Rustic garlic pizza bread

Cheesy rustic garlic pizza bread with caramelized onions 5.95

4.95