



THE STACKPOLE INN



Welcome to The Stackpole Inn

Our aim is to provide a relaxed dining experience at The Inn using the very best of Pembrokeshire produce. All our food, including all stocks, sauces etc is prepared and cooked in house by our team of chefs led by our head chef Mark Dowding.

For this reason we would ask you to please be patient during busier times as we are not a fast food outlet!

Our current suppliers include:

Andrew Rees, Nash Farm, Rogers and Son of Carmarthen, Caws Cymru, Wisebuys (Pembroke), Ritek Valley Organics, Upton Farm, Fine Wines Direct, Carlsberg, Templeton, Springfield farm, Swansea Fish, Southdown Farm, Buckspool Farm, Pennsylvania Farm

If you have any questions about the provenance of the ingredients in your meal or if you have any food allergies or intolerances then please ask the waiting staff who will be happy to help you with your choices. A full listing of allergens relating to all menu items is available to our staff for reference.

Rebecca and Gary Evans

Proprietors

Smaller appetites at the Stackpole Inn

Children are welcome to dine with us in our restaurant and bar areas at any time.

Our menu is designed to be adapted, where possible, for smaller appetites. Please ask!

Please choose from our selection below priced at **£6**

Local pork sausage with peas and chips
Grilled fillet of haddock with peas and chips
Lamb cawl
Pasta with tomato sauce and grated cheese

Food allergies and intolerances

Please speak to our staff about the ingredients in your meal, when making your order

To start

Spanish olives served with bread, extra virgin olive oil and balsamic vinegar

Pelotin – Amazing sweet, salty baby gordal olives

3 50

Freshly prepared soup of the day – Ask your server for details

5

Pork and apricot terrine served with piccalilli and dressed mixed leaves

6

Moroccan butterbean and garlic hummus dip with spiced toasted nuts and seeds and chargrilled pitta bread

5

Swansea smoked salmon with beetroot puree and pickled fennel

6 50

Main course

Cawl - Traditional lamb broth with potato, swede and carrots, served with Welsh cheddar & bread

10

Roast belly pork served with apple mash, vegetables and a rich gravy

14

Roasted onion and mushroom tagliatelle in a creamy Madeira sauce (v) [gluten free available on request]

or

Chargrilled courgette, onion and tomato tagliatelle with basil pesto (v) garnished with grated parmesan (optional)

13

or why not add diced chicken breast to either pasta dish for an extra £2

Pan fried fillet of salmon with a tomato, chickpea and chorizo cassoulet

15

Rump of lamb [served pink] with crispy lamb shoulder, carrot puree, leek crushed potatoes, organic kale and broccoli and a rich lamb jus

19

Steaks

All our beef was born and reared in Carmarthenshire then dry aged in a salt chamber to give delicious, complex, flavourful and tender steaks supplied by our award winning butcher, Rogers and Son of Carmarthen

10oz **Ribeye** £23

20oz **Ribeye** (to share) £42

10oz **Sirloin** £23

12oz **Rump** £23

8oz **Fillet** £28

All steaks are chargrilled to your liking and served with twice cooked chips, rarebit mushroom and beer battered onion rings
Chefs recommendation is cooked medium rare with a side of creamy peppercorn sauce

Sides

Boiled potatoes	3	Dressed green salad	3
Twice cooked chips	3	Vegetables of the day	3
Beer battered onion rings	3	Peppercorn sauce	2

Light lunchtime only items available below

Walkers lunch

10

Choose from our selection of either 4 Welsh cheeses or home cooked ham, or both together (£2 extra)

Served with pickles, apple, salad, tomato, chutney and bread. Available Cheeses – Black Bomber cheddar [Rich mature cheddar], Perl las [creamy blue], Perl Wen [soft, Brie type cheese] and Smoked Cerwyn [Creamy, firm subtly smoked]

Filled baked rustic rolls

8

Choose from our selection of Welsh cheeses above, home cooked ham or Welsh bacon (£1 for any extra filling) served with dressed salad and skinny fries

To Finish

Sticky toffee pudding	5 50
Served with toffee sauce and vanilla ice cream	
Tonka bean panna cotta	5 50
Served with marinated cherries and a stem ginger shortbread	
Pink grapefruit or elderflower sorbet	4
Affogato al cafe	5
2 scoops of delicious vanilla ice cream with a double espresso poured over	
Welsh cheese board	8
Choose 3 from our selection of Welsh cheeses. 'Black Bomber' (rich mature cheddar), 'Perl Wen' (creamy brie type cheese, 'Smoked Cerwyn' (creamy, firm, subtly smoked) or 'Perl Las' (strong but delicate blue cheese)	
Served with a selection of crackers, fruit and homemade chutney	
Walnut and chocolate tart	5 50
Served with pistachio ice cream	
Dutch apple cake	5 50
Served with a caramel sauce and caramel ice cream	
Selection of local dairy ice creams	adult/child 4/2 75
Choose from our selection of Clotted cream vanilla, Belgian chocolate or strawberries and cream	
Or try a shot of Merlin liqueur, Drambuie, Cointreau, Amaretto or Tia Maria over your ice cream for an extra 2 90	

After dinner drinks

All our coffees are made to order using freshly ground Pembrokeshire roasted beans

Filter coffee		1 50
Tea/Flavoured teas		1 50
Espresso/Double espresso		1 50/2 50
Americano (double shot of espresso with hot water)		2 50
Latte		2 50
Cappuccino		2 50
Try a shot of vanilla, caramel or hazelnut flavouring in your Latte or cappuccino for an extra 20p		
Macchiato/Double macchiato (espresso with a small amount of milk foam)		1 75/2 75
Hot chocolate		2 75
Liqueur Coffee		6 50
Château Des Mailles Dessert wine	100ml glass	6 75
Espresso Martini Cocktail		8
Cockburns Special Reserve port	[50ml]	2 90
10 yr old tawny port	[50ml]	3
Courvoisier VS brandy	[25ml]	3
Courvoisier VSOP brandy	[25ml]	3 75
Courvoisier XO brandy	[25ml]	6
Remy Martin VSOP cognac	[25ml]	3 50
Armagnac/Calvados	[25ml]	3 75
Pedro Ximenez dessert sherry	[50ml]	3 50