

## STARTERS & LIGHT BITES

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Whole dressed crab & samphire salad ( <i>Perfect for sharing</i> ) Served with a white bloomer crostini & salsa verde	<b>£14.95</b>
Paprika, garlic & parmesan chicken strip (GF) Served with leaf lettuce & a ranch dressing	<b>£7.95</b>
McChad's polpetta arrabbiata meatballs A traditional spiced Italian tomato sauce, served with pasta verde	<b>£7.95</b>
Falafel arrabbiata (V)(VE) Falafel pieces cooked in the same traditional spiced Italian tomato sauce, served with pasta verde	<b>£6.95</b>
Crisps 'n Dips (V)(VE AVAILABLE) Deep fried tortillas served with our smoky tomato hummus, smashed avocado, salsa & soured cream dips	<b>£6.95</b>
Halloumi fries (V)(GF) Served slightly seasoned with a pomegranate salad & sweet chilli sauce	<b>£7.95</b>



**THE  
LOUNGE**

EVENING MENU

## MAINS

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**Chef's Two Tone Chilli (GF) £12.95**

Served with saffron rice, seasoned fries, tortilla crisps & an assortment of dips. Tell us how spicy you like it, we endeavour to fulfil your cravings for heat!

**French Trimmed Chicken Supreme (GF) £14.95**

Served on a truffle oil & turmeric infused mash, roasted veg & accompanying wild mushroom cream sauce

**Confit de Canard Cassoulet (GF without the bloomer) £16.95**

Classic French dish, served with Pembrokeshire potatoes, an ensemble of vegetables, and a good slice of our own Sugar Loaf bloomer, to soak up the juices!

**Roasted Loin of Cod (GF) £14.95**

Caught, and offered to you, from our very local Milford supplier, the meatiest cod cut. Paired with a samphire mash, sweet tomato salsa & some colourful vegetables.

**Roasted Phish Cutlet (VE)(V) £14.95**

Accompanied by a samphire mash, sweet tomato salsa & colourful vegetables.

**Vegan Chik'n Arrabiatta (V)(VE) £13.95**

Soybean based Chik'n pieces, cooked in our own slightly spiced arrabiatta

**Garlic Mushroom Pasta (V) £11.95**

A creamy white wine sauce, served with Sugar Loaf garlic ciabatta

**Pembrokeshire's Own Wagyu Steak Burger £16.95**

A locally produced 6oz Wagyu steak burger, served in our Sugar Loaf brioche bun, Gruyère cheese, Cos lettuce & slice of beef tomato. Accompanied by seasoned fries, slaw & garnish

**The Lounge Burgers £13.95**

Choose from our juicy beef burger or grilled chicken burger, both served with lettuce, sliced tomato, bacon, cheese & BBQ sauce



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## OUR STEAK OPTIONS

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8oz Butterflied fillet steak (GF) **£26.95**  
Grilled to your liking, accompanied by seasoned fries, grilled beef tomato & garnish

10oz Sirloin steak **£23.95**  
Classic cut steak, accompanied with our seasoned fries, grilled tomato and garnish

*Upgrade to surf n' turf for £3.50*

*Choose from one of our delicious steak sauces, peppercorn, blue cheese, garlic mushroom cream or a rich red wine for £3.50*

All fries are cooked in 100% rape seed oil

## SIDES

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Sugar Loaf Garlic Bread (V) **£3.50**

Sugar Loaf Garlic Bread with Cheese (V) **£4.00**

Homemade Coleslaw (V) **£3.00**

Beer-battered Onion Rings (V) **£3.95**

Pulled Pork (GF) **£5.00**

Steak Sauces (GF) **£3.50**

## DESSERTS

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Please see our specials board & cake fridge for our desserts



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EVENING MENU

## CHILDREN'S MENU

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*All meals below include a free soft drink*

**All £5.95**

Scampi & Chips  
With peas or salad

Sausage & Mash (GF)  
With gravy

Hunter's Chicken (GF)  
With salad or chips

Pulled Pork Bap  
With BBQ sauce

Falafel balls (V)  
With salad or chips & dipping sauce

Vegan Sausage & Champ Mash (V)(VE)  
Served with vegan gravy



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EVENING MENU