



THE BEGINNING

***v Soup of the Day**

Wild boar pate with chicken liver, Penderyn whisky & green peppercorns, served with organic rye bread & membrillo quince jelly

***v Roast chestnut mushrooms stuffed with ricotta cheese, pine nuts, spinach & Preseli wild garlic topped with grilled Caerphilly & served with red pepper coulis**

Griddled white asparagus wrapped in prosciutto ham with a rocket & cashew nut pesto, & Per Las blue cheese fondue

North Atlantic king scallops, served with chorizo, sweet corn puree & a citrus drizzle

Green lipped, New Zealand half mussels topped with creamy dill & garlic Pant Mawr farmhouse cheese & crumb

***v = vegetarian**

Our dishes may contain nuts or traces of, please inform us if this does not suit you.
A discretionary 10% gratuity will be added to groups of 8 or more.



BLACK ROCK GRILL MENU

All served with a choice of New Potatoes, Baked Spiced House Rice or Chips
with Mixed Leaf Salad or Roasted Mediterranean Vegetables

Rock Grilled 7oz Fillet Steak

Rock Grilled 8oz Sirloin Steak

Rock Grilled 8oz Spring Lamb Steak

Rock Grilled 8oz Swordfish Steak

Rock Grilled 8oz Tuna Steak

Rock Grilled 4oz/8oz Springbuck Fillet Steak

One of the finest game meats, with a beautiful red colour and a refined and subtle taste

Rock Grilled 8oz Ostrich Fillet Steak

A very tender and low fat game meat, making it a an ideal alternative healthy red meat

Rock Grilled 8oz Kangaroo Fillet Steak

A high quality, succulent and lean red game meat

Try a dipping sauce to accompany your Black Rock meal
Creamy garlic & citrus, Organic cider reduction, Soy, ginger & Cognac
or rich organic Pen-lon stout sauce
Sweet chilli or Thai green chilli and basil sauce

CAUTION Please do not touch the rocks, as they are extremely hot.
Please do not place any pepper or sauce on the rocks, as they will burn.
Please inform us of any dietary requirements.
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OFF THE ROCK CHEF'S SPECIALS

All served with a choice of New Potatoes, Baked Spiced House Rice or Chips
with Mixed Leaf Salad or Roasted Mediterranean Vegetables

**Roast sea bass, served with squid stuffed with black pudding
potato puree & baby Spanish preserved lemons,
with a caper & anchovy beurre noisette**

**Grilled fillet of sewin (Sea Trout) served with creamy garlic, citrus marsh
samphire & steamed clams**

**Fresh Egg Fettucini tossed in a creamy carbonara sauce with pancetta
and savoy cabbage**

**Fresh Egg Fettucini tossed in a light fragrant Thai green curry sauce with
king prawns, baby sweetcorns and mange tout**

**Fresh Egg Fettucini tossed in a creamy garlic, thyme and chanterelle
mushroom sauce**

**Fresh Egg Fettucini tossed with Oriental vegetables and flavoured with
ginger, garlic and soy sauce**

Pork sausages with red wine and onion gravy and creamy mashed potato

**Vegetarian homemade Glamorgan Sausages, red wine
and onion gravy with creamy mashed potato**

**A tasty, ground beef burger served with salsa and mozzarella
in a toasted ciabatta, salad, coleslaw and hand cut chips**

**Pan-fried duck breast served with honey & sesame glazed roast fennel,
Preseli wild garlic & grain mustard mashed potato
and a soy, ginger & cognac jus**

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VEGETARIAN MAIN COURSES

Summer green risotto with buffalo mozzarella and parmesan, topped with free range poached egg and salsa Verde

Roasted butternut squash, Caws Preseli cheese & smoked tofu filo parcels, served with a roast cherry tomato & thyme salsa

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THE END

Sticky Toffee Pudding

Chocolate and Brandy Torte

New York Cheesecake

The Carreg Bread and Butter Pudding

Prepared with croissants, Penderyn Welsh Whiskey, maple syrup and pecan nuts
All of the above are available with cream, ice-cream, crème fraiche or Custard

Classic French Lemon Tart with Saffron

Espresso Coffee & Brandy Crème Brulée

Selection of local Ice Creams

A selection of locally sourced Cheeses

A selection of coffees

made with fairtrade 100% Arabica espresso beans

All our desserts are suitable for vegetarians.
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