



TREFLOYNE

Valentine weekend

Friday 14th and Saturday 15th February

Book your romantic evening today on 01834 842165
or email: info@treflyone.com

TO START

Salmon Fishcake warm tartar sauce, poached hen's egg	9
Wild Mushroom Risotto finished with strips of beef, crispy onions	9.5
Native Atlantic Edge Pembrokeshire Oysters served with lemon wedge, samphire, mignonette sauce or Rockefeller or garlic butter crumb	3 for 11.5 6 for 22
Roasted Red Pepper and Tomato Soup (v) basil oil, micro rocket	7.5
Beetroot Carpaccio (v) lemon juice, capers, torn mozzarella, aged balsamic	8.5
Crispy Duck Salad cucumber, spring onions and peanuts with soy, honey, ginger dressing	9
Thai Style King Prawns coconut milk, coriander, ginger, spring onions	10.5
Chicken Liver Parfait spiced apple chutney, toasted sourdough	9

THE MIDDLE

Salt Marsh Gower Lamb Shank chive mashed potato, roasted root vegetables, rosemary gravy	25
Seared Atlantic Cod pak choi, mussel meat, shellfish sauce	23
Gourmet Surf and Turf Burger seared sirloin, breaded tiger prawns, straw potatoes, siracha sauce, soft brioche bun	20
Chicken Supreme wild mushroom and madeira sauce, pressed potato, stem broccoli	20
Pork Fillet wrapped in Parma Ham fondant potato, sauté kale, braised faggot, apple and cider sauce	23
Wild Mushroom and Blue Cheese Ravioli (v) lemon and cornichon beurre blanc	17
8oz Welsh Ribeye Steak	28
6oz Welsh Fillet Steak-	30
both the above served with confit tomato, portobello mushroom, homemade chips, rocket and Parmesan salad	
16oz Welsh Côte de Boeuf to share Parmesan mac and cheese, rocket and Parmesan salad	55

“Naked Fish”
Today's Fresh Fish – simply pan fried, roasted cherry vine
tomatoes, lemon and samphire butter, new potatoes, fries or chips.
Please ask for today's selection.

Side dishes

Garlic Ciabatta	3.5
Garlic and Cheese Ciabatta	3.6
Homemade Focaccia arbequina extra virgin olive oil, aged balsamic	5
Super Large Perello Olives	5
Portion of Skinny Fries or Chunky Chips	3.5

TO FINISH

Homemade by us with love for you	
Pear and Almond Tart crème fraîche	9
Fresh Fruit and Chantilly Cream Meringue	9
Sticky Toffee Pudding butterscotch sauce, vanilla ice cream	8.5
Chocolate Brownie homemade Cointreau ice cream	9
Welsh Cheeseboard Perl Wen, Perl Las, Snowdonia Black Bomber, grapes, chutney, selection of biscuits	11
Welsh Dairy Ice Cream Vanilla, chocolate or strawberry	4.5
Yummy Sorbets Raspberry, mango or lemon	4.5
<i>Love is for sharing</i>	
Share a Trio of Pear and Almond Tart, Fresh Fruit Meringue, Chocolate Brownie	15

If you have any allergies or dietary requirements, please advise a member
of our team and we will do our utmost to accommodate your needs.