

# coast

SAUNDERSFOOT

## Lunch Menu

Tomato, ffetys, ponzu

**Or**

Lamb breast, peas, shiso

Plaice, mussel, courgette, basil

**Or**

Chicken, alliums, lemon thyme

Dandelion root, pistachio, milk

**Or**

3 Welsh cheeses and accompaniments

3 courses £45 per person

Cheese as 4th course £9.50 per person

Please let us know any dietary requirements you may have.  
Not all ingredients are listed.

**7-course Tasting Menu**  
(Available until 1.30pm)

Today's & yesterday's bread

Salmon, Pembrokeshire oyster, cucumber

Lamb, garden peas, shiso

Monkfish, black bomber, coastal leaves, shrimp

Beef, hispi, IPA, anchovy

Lemongrass, sea buckthorn, coconut

Strawberry, clotted cream, elderflower

£78 per person

Five glass pairing £50 per person

Tasting Menu designed to be taken by the whole table

Welsh cheese selection £16 per person

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