

FROM THE FLAME

Main sides of fries, full salad, wedges or jacket potato

10 oz Welsh Rump Steak 21.75 (Ask for GF & DF)

Locally sourced prime Welsh steak pan-fried and seasoned with butter. Served with mushrooms, grilled tomatoes, peas and a side (Add a sauce 3.50)

10oz Gammon Steak 16.95 Add Egg & Pineapple 1.20 each (Ask for DF & GF)

Choice gammon steaks sourced from our local butcher. Pan fried in butter and served with mushrooms, grilled tomatoes, peas and a side.

Steak & Onion Baguette 13.95 (Ask for DF)

Add Cheese 1.50 · Add Mushroom 1.50 · Add Salad Garnish & Slaw 2.50

Prime strips of Welsh rump steak pan fried with onions, dressed with butter and served in a crusty white baguette. Served with a side

Pork Schnitzel 17.50

Pork tenderloin, tenderised, coated in Panko breadcrumbs and panfried in butter.

Served with a fried egg, peas and a side (Add a sauce 3.50)

Beef Stroganoff 16.50 Add ½ & ½ 2.20 (Ask for GF)

Made with prime Welsh steak in a classic stroganoff sauce. Served with rice or chips

Salmon Moilee 17.25 (Ask for DF & GF)

Luscious salmon in a moilee sauce of green chilli, garlic, ginger & coconut milk Served with rice

Trader Stir Fry 15.50 (Ask for DF & GF)

Choose from Welsh Beef, Chicken, Vegetable (V) or Rainbow (Rice) (Vegan) stir-fried with an assortment of fresh vegetables and noodles in a vibrant Oriental sauce

Tomato Risotto 15.50 (V) (Ask for Vegan) (Ask for DF & GF)

The perfect combination of juicy cherry tomatoes and fresh basil leaves bring lingering flavour to this classic dish

SEASONAL DISHES

Subject to availability

Sea Bass 16.50 (Ask for GF)

Pan seared Sea Bass with Pembrokeshire new potatoes dressed with fresh made pesto, greens and shoots and a fire roasted red pepper coulis

Lamb Breast 15.75 (Ask for GF)

Locally sourced Welsh lamb breast braised in a robust sauce bursting with Moroccan inspired flavours. Accompanied with a cous cous loaf infused with hazelnut, almond and lemon and a side of fresh dressed greens

Tagliatelle con Pollo 14.75 or Tagliatelle con Funghi (V) 12.95

A pan-fried chicken breast and sauteed chestnut mushrooms on a bed of tagliatelle in a creamy white wine and porcini mushroom sauce. Finished with Parmigiano Reggiano, rocket and freshly made pesto

Lamb Mojo 15.95

Hand pressed lamb burgers made from locally sourced Welsh lamb. Topped with slow cooked shredded Welsh lamb, cheddar cheese, crispy salad, fries, slaw and a choice of Garlic aioli sauce or Sriracha sauce

Dak-Twigim Burger 15.75

A crispy and sticky Korean BarBQ style chicken burger topped with citrus pickled cucumber and onion & satay sauce. Served with fries and Trader slaw

Fish Chowder 13.50

A comforting bowl of goodness! A classic combination of smoked bacon, a selection of fresh fish (no shellfish), sweetcorn, herbs and potatoes in a silky smooth creamy sauce. Served with rustic bread

With our menu we try to cater to every taste. Hopefully you will find something for everyone here. Our seasonal additions come and go depending on the time of year. We have no specific theme in mind when we create these dishes. We just want to bring

TRADER PUB MAINS

Main sides of fries, full salad, wedges or jacket potato

Trader Lasagne 14.50

Our own recipe made with Welsh beef from our local butcher, with Trader Slaw, salad garnish and a side

Home-made Chicken Curry 15.20 Add ½ & ½ 2.20 (Ask for GF)

Succulent marinated chicken breast in a hand-made sauce using authentic Indian ingredients using our own in house recipe. Served with Rice or chips, Naan & Poppadom

Sexy Wedges & Veggie Wedges (V) 12.95 (Ask for Vegan) (Ask for GF)

An original Bristol Trader dish of fried wedges loaded with either bacon or mushroom, onion, garlic, sweet chilli and melted cheese. Topped with salad and Trader Slaw

7oz Prime Welsh Beef Burger 13.75 (Ask for DF)

Add Cheese 1.50 Add Bacon 1.50

In a soft, fresh sour dough bun on a bed of lettuce and tomato and topped with caramelised onion. Served with Trader Slaw and a side

Texan Style Pulled Pork 14.95 (Ask for DF)

12 hour slow cooked pork shredded and coated in a “Smokey” BBQ sauce in a soft grilled sour dough roll. Topped with melted cheddar cheese an onion ring and served with Cajun wedges and Trader Slaw

Battered Cod 16.50

A fillet of North Atlantic line caught cod coated in a crispy hand-made batter and served with home-made tartare sauce, peas or mushy peas and a side.

Chicken Salad Sandwich 8.75 (Ask for DF)

Succulent slices of chicken breast on a bed of dressed house salad in slices of malted bloomer bread. Served with Trader Slaw and crisps

TRADER PUB MAINS

Main sides of fries, full salad, wedges or jacket potato

Paneer Vegetable Curry 14.50 Add ½ & ½ 2.20 (V)

Paneer, spinach and chickpea curry made using a blend of authentic Indian ingredients made to our own in house recipe. Served with rice or fries, naan & poppadom

Trader Thai Salads 14.95 (Ask for GF)

Choose from Rare Beef (Ask for DF), Chicken (Ask for DF) or Halloumi (V) All tossed through our house salad dressed in the chefs own Thai dressing with rainbow rice and rosemary roast Pembrokeshire new potatoes

Scampi 14.95

Wholetail scampi served with home-made tartare sauce, a salad garnish or peas and a side

TRADER SIDES

Pepper Sauce	3.50	Hand-made Onion Rings	4.00
Mushroom Sauce	3.50	Side of Mushrooms	3.00
Garlic Bread	3.50	Beans	1.50
Cheesy Garlic Bread	5.25	Side Salad	3.70
Skin on Fries	4.00	Trader Slaw	1.60
Portion of Wedges	4.00	Pineapple Slice	1.20
Jacket Potato	3.50	Egg	1.20
Peas	1.80	Grated Cheese	2.20
Mushy peas	1.80	Roll & Butter	2.40

Although some meals may not contain a specific allergen, all allergens are present throughout the kitchen. Please let your server know if you suffer from any intolerance or allergy so that we can adjust our working practices to accommodate your needs and requirements Dairy free (DF), Gluten Free (GF), Vegetarian (V), (Vegan)