

TUDOR MOUNT *Gastrobar*

Welcome to Tudor Mount

Tudor Mount brings a bold, modern gastrobar experience to the historic Tudor Square—offering a thoughtfully curated evening menu that celebrates the very best of Welsh produce, culinary craftsmanship, and relaxed sophistication.

Led by owners Matthew and Claire Ronowitz and long-standing manager Gill Nicholls, Tudor Mount is built on decades of hospitality expertise. New to the Tudor Mount venture is Jason Ronowitz, Matthew's brother, who brings fresh energy and passion to the team. Every dish is crafted with care, with our chefs trained in-house to deliver flavour-packed plates that strike the perfect balance between innovation and comfort.

We're proud to champion local, seasonal ingredients throughout our menu. Our meat is sourced from Andrew Rees Butchers, an award-winning family business in Narberth, and we serve premium PGI Welsh Beef, reared with high animal welfare standards and full traceability. Wherever possible, our fish is caught fresh by local fisherman Neil Thomas, and our smoked salmon comes from the award-winning local smokehouse Salt + Smoke. We also partner with trusted Welsh suppliers such as Caws Cenarth, Pant Mawr Cheese, Loafley Bakery, Four Seasons Fruit & Veg, and The Egg Shed.

Whether you're joining us for a special celebration, a relaxed evening with friends, or simply seeking exceptional food in a stylish setting, Tudor Mount offers a menu full of bold flavours, creative flair, and generous portion sizes.

Our team is here to ensure you feel welcome, comfortable, and well looked after from the moment you arrive.

Please take your time browsing the menu.

❖ NIBBLES ❖

Olives

Pitted mixed olives. £4.50

Garlic Bread

Fresh, baked bread with garlic butter. £5
Add cheese: £1.50

Pork Crackling

With apple sauce. £5

❖ STARTERS ❖

Creamy Garlic Mushrooms

Pan-fried mushrooms, garlic butter, cognac, cream, spinach with chef's bread. £9

Crayfish Cocktail

Crayfish, **Salt + Smoke** Smoked Salmon on a bed of baby gem topped with traditional cocktail sauce and cherry tomatoes with a side of bread. £14

Sticky Pork Chunks

Teriyaki glazed pork with chilli spring onions and sesame seeds. £8

Calamari

Served with garlic mayo. £8.50

Glamorgan Sausage V

Served with black ketchup. £7.50

Tudor Mount Nachos

Tortilla chips with jalapeño peppers, salsa, cheese and sour cream. V £9.50

Sticky Chicken Balls

Sesame seeds, chilli and coriander. £8

❖ BURGERS ❖

Coated Chicken Buttermilk Breast Burger

With Asian slaw, pickled onion, tomato slice and sriracha mayo on a toasted brioche bun topped with onion rings and chips. £19

Gourmet Welsh Beef Burger

With pickled onion and gherkin, tomato, lettuce and burger sauce in a brioche roll topped with onion rings and chips. £18

Grilled Halloumi Burger V

With hummus, slaw, pickled onion, lettuce and tomato on a toasted brioche bun with chips. £17.50

Add: Bacon £2 | American-style cheese sauce £1 | Blue Cheese £2.50

❖ PASTA ❖

Creamy Wild Mushroom Tagliatelle V

With parmesan and balsamic dressed rocket. £19
Add: chicken £3

Seafood Linguine

With prawns, samphire and **Salt + Smoke** smoked salmon in a rich seafood velouté. £23

Italian Carbonara

With crisp pancetta and black pepper. £19

Add: Parmesan Pot £1.50



❁ GRILL ❁

All served with choice of chips or new potatoes.

Welsh 8oz Fillet

With grilled vine tomato, gem lettuce and slaw. £33

Welsh 8oz Sirloin

With grilled vine tomato, gem lettuce and slaw. £29

Welsh 20oz Rump

With grilled vine tomato, gem lettuce and slaw. £29

Grilled Salmon Fillet

With grilled vine tomato, gem lettuce and slaw. £21

Glazed BBQ Chicken

Topped with cheddar and served with grilled vine tomato, gem lettuce and slaw. £19.50

10oz Gammon

With egg, pineapple, grilled vine tomato, gem lettuce and slaw. £19

Half or Full Rack of BBQ Ribs

With grilled vine tomato, gem lettuce and slaw. £20 | £26

Ask to add fresh chilli £1

1/2 Rack of BBQ Glazed Ribs & Chargrilled Chicken Breast

With grilled vine tomato, gem lettuce and slaw. £26

Ask to add fresh chilli £1

Upgrade: Add King Prawns. £6

Add a sauce: Peppercorn, blue cheese or Jack Daniels sauce. £4

❁ À LA CARTE ❁

Pan-seared Fillet of Seabass

King prawns, samphire, roast garlic, spinach and crushed new potatoes. £27

Locally Sourced Mussels

Served in a white wine sauce, shallots, samphire and a side of chef's bread. £20

Chargrilled Chicken Supreme

Roasted Mediterranean vegetables, baby potatoes with tomato and sweet chilli sauce. £20

Slow-Roasted Belly Pork

Mustard mash, glazed carrot, Tenderstem broccoli and cider gravy. £28

Cannon of Lamb

Creamy mint mash, seasonal vegetables with red wine jus. £29

Aromatic Vegetable Curry

Steamed jasmine rice and a poppadom. £17

Add: Half rice and half chips £1.50

❁ SIDES & SAUCES ❁

CHIPS £5 | NEW POTATOES £5 | ONION RINGS £5.50 | SIDE SALAD £5 | TENDERSTEM BROCCOLI WITH ALMONDS AND BALASMIC £6 | GARLIC BREAD £5 | GARLIC BREAD WITH CHEESE £6.50

If you'd like information regarding gluten free options or the presence of allergens in our food or drink, please ask your server who will be happy to help. Please note: GM oil may be used in the cooking of some of our products.

