

# 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. 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

**Tudor Mount Nachos**

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

❁ 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 and spring onions. £9

**Calamari**

Served with garlic mayo. £8.50

**Glamorgan Sausage V**

Served with black ketchup. £7.50

**Duck Bon Bon**

Accompanied by shredded cucumber, hoisin sauce and orange zest. £9

**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 with chips. £19

**Gourmet Welsh Beef Burger**

With pickled onion and gherkin, tomato, lettuce and burger sauce in a brioche bun with 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 | Onion Rings £5.50

❁ PASTA ❁

**Creamy Wild Mushroom Linguine 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  
Ask to add bacon £2

**10oz Gammon**

With egg, pineapple, grilled vine tomato, gem lettuce and slaw. £20

**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. £7 Add Jenga Chips. £5**

**Add a sauce: Peppercorn, red wine jus, 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

**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: Chicken £3 | Half rice and half chips £1.50

❖ SIDES & SAUCES ❖

CHIPS £5 | NEW POTATOES £5 | MASH £5 | GARLIC & HERB MUSHROOMS £5 | ONION RINGS £5.50

SIDE SALAD £5 | TENDERSTEM BROCCOLI WITH ALMONDS AND BALSAMIC £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.

