Refreshment Menu A

Standard break refreshment menu:
Price per head: £2.00 + vat

Fresh ground coffee

Decaffeinated coffee

Tea including a selection of fruit teas

Water

Selection of biscuits
Refreshment Menu B

Luxury break refreshment menu:
Price per head: £3.50 + vat

Fresh ground coffee
Decaffeinated coffee
Tea including a selection of fruit teas
Water
Selection of biscuits and cakes
Fresh fruit bowl
Refreshment Menu C

Table refreshment menu:
Price per head: £1.50 + vat

Princes Gate spring water

A selection of table sweets - mint and fruit flavours
Lunch Menu D

Standard Cold Sandwich Buffet Lunch menu:
Price per head: £8.00 + vat

A variety of sandwiches. 
Fresh wholegrain and white bread with a selection of fillings;

Pembrokeshire Ham
Tuna Mayonnaise
Egg Mayonnaise
Cheese
-
Crisps
A selection of cakes
Fresh fruit platter
-
Fresh ground coffee
Decaffeinated coffee
Tea including a selection of fruit teas

Fruit Juice
Water
Lunch Menu E

Luxury Cold Sandwich Buffet Lunch menu:
Price per head: £9.50 + vat

A variety of sandwiches.
Fresh wholegrain and white bread with a selection of fillings;

Pembrokeshire Ham
Tuna Mayonnaise
Prawn Mayonnaise
Egg Mayonnaise
Cheese
Veggie Delight

A selection of canapés
Crisps
A selection of cakes
Fresh fruit platter

Fresh ground coffee
Decaffeinated coffee
Tea including a selection of fruit teas

Fruit Juice
Water
Lunch Menu F

Standard Cold Salad Buffet Lunch menu:
Price per head: £12.50 + vat

Fresh and cured meat platter
Welsh cheese board

A selection of fresh bread rolls + butter portions

Crisps

Mixed green leaf salad
Tomato salad
Potato salad
Mixed bean salad
Homemade coleslaw

Selection of cakes
Fresh fruit bowl

Fresh ground coffee
Decaffeinated coffee

Tea including a selection of fruit teas

Fruit juice + water
Lunch Menu G

Early Bird Breakfast menu:
Price per head: £5.50 + vat

Served until 10AM

Hot bacon roll

Veggie option
on request at booking

Fresh ground coffee
Decaffeinated coffee

Tea including a selection of fruit teas
Fruit Juice
Water
Selection of biscuits
Lunch Menu H

Standard Continental Style Breakfast menu:
Price per head: £6.50 + vat

Variety of Danish pastries
A selection of fresh bread rolls + butter portions
Jams, preserves, marmalades + honey
Yogurts
Fresh fruit platter
-
Fresh ground coffee
Decaffeinated coffee
Tea including a selection of fruit teas
Water
Lunch Menu I

Hot Lunch menu:
Price per head: £12.50 + vat

Two meaty + one Vegetarian option;
 served with new potatoes, rice or baked potato.

Traditional Lamb hotpot

Beef stroganoff

Welsh beef lasagne

Chicken curry

Chilli con carne

Woodland mushroom stroganoff

Ricotta + spinach lasagne

Mexican spicy bean chilli

Vegetable + bean curry

Spinach and cheery tomato pasta
 in a creamy wine + herb sauce

A Selection of salads + vegetables;

Hot seasonal vegetables

Mixed green leaf salad

Tomato salad

Mixed bean salad

Potato salad

Homemade coleslaw

A selection of fresh bread rolls + butter portions

A selection of biscuits + cakes

Fresh fruit platter

Fresh ground coffee

Decaffeinated coffee

Tea including a selection of fruit teas

Water