.



The Frosted Bee Restaurant

**Menu for December 2022. Showing allergens**

**C=Crustacea, Ce=Celery, D= Dairy, E=Egg, F= Fish, G = Gluten, L=Lupin, M=Molluscs, Mu=Mustard, N=Nuts, P=Peanuts, S=Sulphites, Se=Sesame So=Soya, V=vegetarian**

**To start**

Gwaun valley Mutton curry, our own spiced orchard apple chutney and poppadom’s **Ce,D,E,G,Mu,N,S,Se,So**

Sauté of chestnut and wild Mushrooms in crème fraiche and local sheep’s whey vodka on steamed leeks **D,S,V**

Dark caramelised onion Soup with Dolwerdd cheese Welsh rarebit soldiers **Ce,D,E,G,Mu,Se,N,So,V**

Homemade smoked mackerel pate and Cardigan Bay crab mousse, cucumber preserve and melba toasts **C,Ce,D,E,F,G,Mu,N,Se,So**

**Main courses**

Roast Partridge breasts on a blackberry sauce. Confit of the leg in filo purse with tomato jam **Ce,D,E,G,Mu,So**

Fillet of Sea Bass in a spelt and oat crust, pan fried with lobster and fennel butter **C,D,E,F,G**

Crepes made with Emma’s Y Felin flour, spinach, pine nut and sultana filling, with local Halwumi **D,E,G,Mu,N,S,So,V**

Seared medallion of Beef fillet on a carrot rosti, red wine glaze with truffle oil **Ce,D,E,G,Mu,S,So**

Escalope’s of Carmarthen Pork fillet with sea salt glazed apples in a cider cream **D,Mu,S**

**To finish**

Trio of miniature desserts **D,E,G,N,P, S,Se,So V**

Platter of local cheese with grapes and crackers **D,Ce,E,G,Mu,N,Se,So, V**

£45\* per person for 3 courses. Inclusive of fresh bread and local butter, iced water, Pembroke potatoes and vegetables.**Ce,D,E,G,Mu,N,Su,Se,So,V**

Coffee or Tea £3.00. We are **not** licensed please bring your own drinks, we don’t charge for corkage. Service is not included or expected but still gratefully received.

**\***Sorry but a table of just 2 guests will incur a supplement of £20 to cover Niks time and fuel costs.

Payment by bank transfer at point of booking please.

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