

BROAD HAVEN

Rwts

ROOMS & RESTO

Whether you've been chasing waves, wandering the coast, or simply soaking in the Pembrokeshire sunshine, our lunch and evening menu is here to refuel and restore. Think Buddha bowls bursting with colour, pizzas crafted from scratch, locally sourced Rwts Ribs and tapas and sides made for sharing. Everything is fresh, flavour-packed, and designed to nourish adventurous souls.

THE RAINBOW BUDDHA BOWL

A vibrant and healthy medley of giant couscous, sautéed spinach, pickled beet and sauerkraut, served with house made hummus and brown sugar kale crunch. (gfo, vg, df).

Starts at £9.50

Choose your sauce:

1. Homemade creamy Peanut Satay sauce (vg,s, cn)
2. Umami miso and ginger sauce (s, gfo, vg)
3. Honey, mustard, olive oil (gf, vg)

Add:

- Edamame Bean £1.50 (gf, df, vg)
- Honey & Mustard Ground Carrot £1.50
- Free Range Poached egg £1
- Guac £1.50 (gf, vg)
- Crispy bacon £1.50
- Halloumi £2.50
- Feta £2.50
- Gochujang Crispy Tofu £2.50 (gf, s, vg)
- Tender Chicken £2.50

PIZZAS

Base Line £12.95

Classic comfort. Homemade tomato sauce, melted mozzarella & cheddar blend, and a golden crust. (gfo, vgo, v, dfo)

Classic Pepperoni £13.95

Our take on the timeless favorite. Homemade tomato sauce, melted mozzarella and spiced Italian pepperoni. (dfo, gfo)

The Campfire Stack £14.50

Tender pulled chicken, wild mushrooms, caramelised red onions, mozzarella on a BBQ sauce base. A firm favorite. (gfo, dfo)

Olive It £14.50

A veggie-lovers dream: wild mushrooms, black olives, and melted mozzarella cheese on a homemade tomato sauce base. (gfo, v, vgo) **add Prosciutto (recommended for non veggies) £1.00**

Honey Roast Fig £15.50

Creamy goat's cheese, Jammy black fig, and a drizzle of sweet balsamic. Topped with pomegranate for that extra sparkle. On a homemade tomato sauce base. (gfo, v, dfo) **add Prosciutto £1.00**

Grape Escape £15.95

Roasted grape and prosciutto with pear pecorino, crumbled feta, topped with fresh mint. (gfo)

Sea Smoke £15.95

Smoky, salty, and deeply satisfying, with smoked mackerel, roasted red peppers and a zing of red onion and lemon zest, topped with parsley. On a homemade tomato sauce base. (gfo, dfo)

Truffle Shuffle £15.95

Umami rich truffle cream base, wild mushrooms, crisped garlic topped with parmesan. Decadent and deeply moreish. (gfo, dfo, v)

Mediterranean Artichoke £14.95

Featuring tender Artichoke hearts, crisped garlic, sautéed spinach and mozzarella topped with lemon zest and parsley. A fresh twist on a coastal classic. (gfo, vgo, v, dfo)

Low Tide Heat £16.95

Chilli lime marinated king prawns, spring onions, steamed broccoli, coriander, crispy chili oil, pickled ginger and toasted sesame seeds. (gfo, dfo, s)

RWTS BBQ RIBS

10 hour slow roasted, locally sourced pork ribs, baked in homemade Charsui bbq sauce. (df,s) Comes with homemade slaw.

As Tapas/ Starter £14.50

As a Main £27

TAPAS, SIDES, AND SHARERS

Greek Salad £7.50

Juicy tomatoes, cucumber, Spanish black olives and feta, tossed with Mediterranean herbs and love. Drizzled with olive oil dressing. (gf, v, vgo)

Garlic Bread £6

Soft, warm dough brushed with garlic butter, option to load with cheese or caramelised onions. (gfo, dfo, v, vgo)
**Fancy it vegan? Just ask, we'll tailor it with whatever fresh, plant-based goodness we've got that day. Make it cheesy; £1*
Add Caramelised Onions; £0.50p

Pembrokeshire Marmite Buttered Potatoes £5.50

Marmite-buttered, locally grown and totally addictive. Love it or love it.

Roasted crispy cajun Pembrokeshire Potatoes £5.50

Packing a punch, medium spiced crispy Pembrokeshire spuds. (gf, df, vg)

Halloumi & Pomegranate £6

Seared halloumi finished with a tangy balsamic glaze and pop of pomegranate. (gf, v)

Sourdough, Hummus & Chili Oil £6.50

The ultimate trio: thick-cut sourdough, Rwts house-made hummus, and a hit of crispy chili oil. (gfo, df, vg, s)

Edamame & Cucumber Salad £7

Crunchy greens dressed in a zingy miso & ginger dressing with toasted seeds. (gf, df, vg,s)

Garlic Stuffed Gordal Olives £4.20

Plump, garlicky, and seriously moreish. Spanish (gf, df, vg)

Black Olives £4

Buttery in texture, pipped black olives (gf, df, vg)

Corn on the Cob £6

Charred and glazed in coconut, lime & chilli sprinkled with toasted coconut. (gf, df, vg)

Smoked Mackerel Tapenade £8.50

Bold, briny mackerel with roasted red pepper and crostini crunch. (gfo, dfo)

French Carrot Salad £5

A light, zingy carrot slaw with lemon, honey and Dijon. (gf, df, vg)

Artichoke Hearts £5

Delicate artichoke hearts with olive oil and lemon zest (gf, df, vg, v)

Steamed Sesame Broccoli £5

Fresh and steamed broccoli heads with toasted sesame. Clean and simple. (gf, df, vg, s)

Gochujang tofu £6

Golden crispy tofu tossed in a sweet and spicy Gochuchan sauce (s, df, vg)

