

# Section 5

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## The Gardeners Rest

**Mrs C L Lynch**

Hilton Court Gardens and Crafts, Roch,  
Haverfordwest, Pembrokeshire SA62 6AE

Tel: 01437 711000

Website: [www.hiltongardensandcrafts.co.uk](http://www.hiltongardensandcrafts.co.uk)

**Description:** The Gardeners Restaurant offers a superb choice of home-cooked fayre. In addition to wholesome and imaginative main courses, there are salad dishes and wonderful dressings with a real difference - and puddings to die for! Eat in a relaxed and informal atmosphere or, if weather permits, alfresco. The restaurant is listed in the Red Good Food Guide.

The Hilton Court Craft Centre is housed in tastefully restored stables and farm buildings surrounding a Victorian courtyard. The gallery is a showcase for Pembrokeshire's top photographic and artistic talent. For something lighter to eat, The Balcony Tearoom has speciality cream teas, home-made cakes and light snacks. All in all, Hilton Court is the ideal venue for a complete day out away from the bustle. There's lots to see and do and visitors in wheelchairs are well catered for.

**Directions:** From Haverfordwest take the A487 St Davids road, half a mile from Simpson Cross take a left turn where signposted for Hilton Court.

**Opening times:** Open 7 days a week - closed December 23rd - January 2nd.

**Facilities:** Ample parking, disabled toilet and access. Licensed restaurant, children's menu. Garden Centre, gift shops and eight-acre garden on site. Tearoom.

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## The Old Pharmacy Restaurant

**Mr & Mrs M Ricketts**

5 Main Street, Solva

Haverfordwest, Pembrokeshire SA62 6UU

Tel: 01437 720005 Fax: 01437 720427

Email: [theoldpharmacy@btinternet.com](mailto:theoldpharmacy@btinternet.com)

Website: [www.theoldpharmacy.co.uk](http://www.theoldpharmacy.co.uk)

**Description:** Firmly established as one of Pembrokeshire's favourite restaurants. The Old Pharmacy should not be missed. Nestled in the atmospheric harbour village of Lower Solva and located in a former chemist shop, The Old Pharmacy offers great food in an ambience which is relaxed and convivial with friendly professional service. The menus are à la carte, supplemented with a daily changing 'specials list' - meaning you can choose to eat as much or as little as you like - anything from just a bowl of our famous bouillabaise (with freshly baked olive oil bread) to a full four-course meal, or simply a delicious home-made dessert and an espresso. The choice is yours. We specialise in preparing fresh local fish and seafood, Solva lobster and crab, Welsh organic beef and lamb, interesting vegetarian food and a full children's menu.

**Directions:** Lower Solva. **Bus Services** - Puffin Shuttle (400), 411

**Opening times:** All year, dinner served from 5.30pm. Easter - October, lunches from 12.00noon.

**Facilities:** Two dining rooms, riverside garden, ice cream on the piazza, children's menu. Highly recommended in 'The Good Food Guide' for 10 years. AA Rosette 07 - 08.

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## The Old Printing House

**Paul Almond & Wendy Edwards**

20 Main Street, Solva, Pembrokeshire SA62 6UU

Tel: 01437 721603

Email: paul\_almond@hotmail.co.uk

**Description:** Traditional tearooms by the sea, where the local paper was once produced.

Our dishes 'are made from scratch', ingredients are locally sourced wherever possible so please feel free to ask about the provenance of any dish or ingredient.

We serve authentic Welsh foods and drinks such as Bara Brith, a Welsh tea bread, Cawl a caws, a Welsh stew served with local cheese, and Glengettie loose leaf tea. Welsh cakes and scones are made fresh daily served with Sharon's home-made jam and Drim farm clotted cream. Fresh breakfasts and lunches are cooked to order and served all day. Traditional desserts can be served with custard, clotted cream or Mary's farmhouse ice cream.

Cakes are baked fresh daily, please check the 'just out of the oven board for details'.

**Directions:** Located on the main street, Lower Solva next to Window on Wales. **Bus Services** - Puffin Shuttle (400), 411

**Opening times:** Open every day February - October. Closed November and January.

**Facilities:** Tearooms, local produce, food hampers. Collectables and curiosities.



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## Cwtch\*

**Rachael Knott**

22 High Street, St Davids  
Pembrokeshire SA62 6SD

Tel: 01437 720491

Email: info@cwtchrestaurant.co.uk

Website: www.cwtchrestaurant.co.uk

**Description:** Winner of The Best Family Restaurant in the UK '2011 Which? Good Food Guide'.

St Davids liveliest restaurant ushers in a new order with a vibrant mix of old world charm and big city flair. The ever-changing menu boasts a huge range of local Pembrokeshire produce. Best sellers include Welsh Black beef and Welsh lamb along with an abundance of locally caught fish.

Cwtch\* lives up to its meaning, it's snug, cosy and warm and definitely Welsh. It is top quality food and service with a relaxed, friendly atmosphere. Good Food Guide recommended and listed in the Michelin Red Guide as well as the AA Guide.

**Directions:** Situated on the High Street in St Davids. **Bus Services** - Puffin Shuttle (400), Strumble Shuttle (404), 411, 413

**Opening times:** Everyday from 6.00pm (April to October). Tuesday - Saturday from 6.00pm (November to March).

**Facilities:** Children's menu. No smoking. Seating for 50. Hire of back room or bar for private parties and celebrations.



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## The Refectory at St Davids

**Marty Andrews**

St Davids Cathedral, St Davids,  
Pembrokeshire SA62 6RH

Tel: 01437 721760

Email: [refectory@midshirecatering.co.uk](mailto:refectory@midshirecatering.co.uk)

Website: [www.stdavidscathedral.org](http://www.stdavidscathedral.org)

**Description:** We serve delicious food and drink in one of the most beautiful spaces in Wales. We are open seven days a week throughout the year and during July and August we offer yummy summer suppers.

Set in the medieval cloisters of St Davids Cathedral, The Refectory at St Davids offers home-made food, made from local ingredients. Our menu changes daily and we always have freshly made sandwiches and cakes on offer, plus excellent tea and coffee.

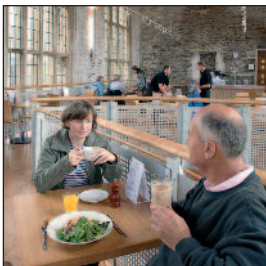
The Refectory offers a welcoming space where visitors can gaze out at the stunning cathedral, contemplate the secluded gardens and admire the newly renovated cloisters.

We are accredited members of the Pembrokeshire Produce Mark Scheme.

**Directions:** The Refectory is in St Mary's Hall, attached to the cloisters behind St Davids Cathedral. When you get to the main door of the Cathedral, follow the signs to The Refectory.

**Opening times:** Open 7 days a week. November - Easter, 11.00am - 4.00pm. Easter - July, 10.00am - 5.00pm. August - September, 10.00am - 8.00pm.

**Facilities:** Children are very welcome. We cater for private parties. We also house an elegant gallery space with regular exhibitions of high calibre painting, photography and craft.



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## Spring Meadow Farm Shop & Nursery

**Lynne Whittemore & Tim Young**

Near Caerfarchell, St Davids  
Pembrokeshire SA62 6XG

Tel: 01437 721800

Website: [www.springmeadowfarm.co.uk](http://www.springmeadowfarm.co.uk)

**Description:** Every year Tim and Lynne cultivate their 13-acre market garden to produce a wide range of fresh seasonal fruit and vegetables.

We sell our home-grown produce in our own farm shop, harvested daily fresh from the fields.

So, if you would like to enjoy richly scented tomatoes, cabbages that squeak, carrots that you have to wrestle into your bag, beans that jump off the scales, dewy lettuce, fragrant strawberries, earthy potatoes and onions that can remember the touch and smell of sunshine and much more... why not come and enjoy the fruits of our labour?

- Home-grown vegetables all the year round
- Strawberries grown May - September
- Small and individual perennial nursery
- Ample level parking

Listed in Rick Stein's *Food Heroes* and Colin Presdee's *A Culinary Journey*.

**Directions:** On the St Davids to Fishguard Road (A487) about three miles from St Davids, next to the Caerfarchell turn off. **Bus Service** - 413

**Opening times:** Summer: Wednesday - Sunday, 10.00am - 2.00pm; Autumn: Thursday - Saturday, 10.00am - 2.00pm; Winter: Saturday only, 10.00am - 2.00pm.

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## Porthgain Shellfish

**Lee Clarke**

Ty Mam, Slate Yard,  
Porthgain, Pembrokeshire SA62 5BH

**Tel:** 01348 831927

**Email:** [info@porthgainshellfish.com](mailto:info@porthgainshellfish.com)

**Website:** [www.porthgainshellfish.com](http://www.porthgainshellfish.com)

**Description:** We are a local family-run fishing business producing high quality, locally caught shellfish from the village of Porthgain. We provide a variety of shellfish products from hand-picked dressed crab to cooked lobster. Other items available when in season, i.e. whelks, prawns.

Come and pick your own and have it cooked or take home live. We also offer online ordering and home delivery, see website for details. 'We will only ever sell shellfish that we have caught ourselves'.

**Directions:** From the A40 in Croesgoch, follow signs to Porthgain, premises are located next to The Sloop Inn public house in Porthgain.

**Opening times:** Anytime within reason.

**Facilities:** Ample parking, wheelchair access to live holding tank.



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## Trehale Farm

**Adam Vincent**

Trehale Farm, Mathry,  
Haverfordwest, Pembrokeshire SA62 5HX

**Tel:** 01348 831037 or 07896 794451

**Email:** [trehalefarm@yahoo.co.uk](mailto:trehalefarm@yahoo.co.uk) or  
[adam@trehalefarm.co.uk](mailto:adam@trehalefarm.co.uk)

**Website:** [www.trehalefarm.co.uk](http://www.trehalefarm.co.uk)

**Description:** We are a small family farm producing slow maturing free range rare breed pork, wild boar, lamb, hogget and mutton, gluten free sausages, dry-cured home-smoked bacon, speciality hams and charcuterie products. Our animals are naturally reared outdoors in family groups to the highest welfare standards.

All the butchery is done on the farm. Our products are sold locally through markets, direct from the farm and from some of our stockists throughout the county.

We welcome visits to the farm by prior arrangement. We also offer a comprehensive catering service, from real woodfired hog roasts to fine dining events, weddings, etc using only the best local produce!

**Directions:** From Mathry on A487 head towards Penycwm, past Mabws Caravan Park, turn left at Pen-Lan-Mabws, take next right and right again at Trehale Lodge.

**Opening times:** Times vary, please ring first on 01348 831037 or 07896 794451.

**Facilities:** Farm shop and farm visits by appointment and eco tipi campsite coming summer 2011.

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## Melin Tregwynt

**Amanda Griffiths**

Castlemorris, Haverfordwest,  
Pembrokeshire SA62 5UX

Tel: 01348 891288 Fax: 01348 891694

Email: [info@melintregwynt.co.uk](mailto:info@melintregwynt.co.uk)

Website: [www.melintregwynt.co.uk](http://www.melintregwynt.co.uk)

**Description:** Our coffee shop is located alongside the woollen mill and shop. We serve cappuccino, espresso and speciality teas, with locally baked cakes, light lunches and snacks.

We are a convenient break point for coastal path walkers (only ten minutes from coastal path) and are on the Strumble Shuttle bus route.

**Directions:** Off A487 Fishguard/St Davids road. Four/five miles from Fishguard - signposted. **Bus Service** - Strumble Shuttle (404)

**Opening times:** Shop: Monday to Friday 9.30am - 5.00pm, Saturday 10.00am - 5.00pm, Sunday 11.00am - 4.30pm. Café: Monday to Friday 9.30am - 4.30pm, Saturday 10.00am - 4.30pm, Sunday 11.00am - 4.00pm.

**Facilities:** Mill shop, working woollen mill (weekdays only). Toilet, disabled access, no step, free car park, picnic area - adjacent to coast path and Abermawr/Aberbach beaches.



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## Ferryboat Inn & Restaurant

**Michele or Denham Gregory**

Manor Way, Dyffryn, Goodwick,  
Pembrokeshire SA64 0AE

Tel: 01348 874747

Email: [info@ferryboatinn.co.uk](mailto:info@ferryboatinn.co.uk)

Website: [www.ferryboatinn.co.uk](http://www.ferryboatinn.co.uk)

**Description:** The Ferryboat Inn is a family-run inn, where you will receive a warm Welsh welcome, offering great food and stylish accommodation. Our dishes combine the bounty of locally sourced fresh ingredients with imagination, bringing out the flavours of Wales.

Our bar serves Welsh beers, spirits and liqueurs alongside wines from all over the world. Daily specials including fresh fish, Welsh lamb and Welsh steaks. Local fresh fish specials throughout the summer. Alfresco dining and free forecourt parking. Michele and Denham look forward to welcoming you to the Ferryboat Inn.

**Directions:** At the roundabout at the entrance to Fishguard ferry terminal, take the turning signposted St Davids. We are 600m up this road, on the right hand side, on the A487. **Bus Services** - 410, 413

**Opening times:** 5 nights a week, Tuesday to Saturday 6.00pm - 9.00pm. Bookings recommended.

**Facilities:** Bar, restaurant, alfresco dining, evening à la carte menu, free forecourt parking. Children of all ages welcome with a choice of freshly cooked kids' meals. Coffees and teas. Payment accepted by debit and credit card.

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## Tŷ Coffi Janes

**Penelope Macleod & Catriona Buchart**

14 - 18 High Street, Fishguard,  
Pembrokeshire SA65 9AR

Tel: 01348 874443

Email: [info@janes-fishguard.co.uk](mailto:info@janes-fishguard.co.uk)

Website: [www.janes-fishguard.co.uk](http://www.janes-fishguard.co.uk)

**Description:** Tŷ Coffi Janes runs alongside Janes Yarns & Crafts. A family-run business that pride themselves on serving quality home-cooked food, in a comfortable and relaxed atmosphere and served by polite friendly staff.

Tastefully designed with contemporary seating in different levels to accommodate all ages. Weather permitting, enjoy the tranquillity of our landscaped garden; dogs are welcome.

Food is freshly prepared using local produce, but also fruit and vegetables harvested from our garden. Home-made chutneys accompany our salads and ploughman's lunch and Italian coffee to complement our cakes.

No time to stop?? Our coffee is available to take away.

**Directions:** On A40 to Haverfordwest just up from Fishguard Square on the right hand side. **Bus Services** - Strumble Shuttle (404), Poppit Rocket (405), 410, 412, 413

**Opening times:** Monday - Saturday 9.00am - 4.30pm.

**Facilities:** Food served all day. Garden - dogs welcome.



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## Gwaun Valley Meats

**William Evans**

3 St Davids Road, Letterston,  
Pembrokeshire SA62 5SF

Tel: 01348 840838

Email: [gwaun@btinternet.com](mailto:gwaun@btinternet.com)

**Description:** A range of fresh meat and poultry, locally sourced wherever possible. Our own-cured Pembrokeshire bacon, gammon and ham, including True Taste and Great Taste award winners.

We also make our own sausages, burgers, faggots and a range of cooked meats. Home-made cakes and a wide range of local products, bread, cheeses, eggs, jams, chutneys and lots more.

**Great Taste Awards 2009:** Best Welsh Speciality for our Pembrokeshire Back Bacon.

**Directions:** Letterston: A40 Haverfordwest to Fishguard Road, at Letterston Square turn into St Davids Road, shop is situated on left hand side. **Bus Service** - 412

**Opening times:** Letterston: 9.00am - 5.30pm Monday - Friday, 9.00am - 3.00pm Saturday.

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## Something's Cooking

A new experience in fish & chips

### Trevor Rands

The Square, Letterston, Pembrokeshire SA62 5SB

Tel: 01348 840621

Website: [www.somethingscooking.net](http://www.somethingscooking.net)

**Description:** Trevor, Janet and Gethin Rands offer you a warm Pembrokeshire welcome to their award-winning licensed family restaurant and takeaway, in surroundings a far cry from the traditional image of a Fish and Chip shop, having built an enviable reputation for providing excellent meals at reasonable prices.

The restaurant boasts many awards including the Seafood Quality Award, 1996 - 2010: Good Food Guide, 2005 - 2009 and Charlette, a finalist Young Fish Fryer of the Year Competition 2003/2004.

As well as traditional fish and chips, the menu includes daily specials (as available) e.g. home-made crab cakes; cod with a layer of smoked salmon; smoked cod; hake; skate; scallops; dressed crab; gammon; steak; chicken; BBQ ribs, vegetarian dishes and a children's menu. They are cheerful and popular with families - Rick Stein gives them the thumbs up. 'A dining experience not to be missed with the sweetest staff in west Wales' says *The Daily Telegraph*.

**Directions:** On the A40 between Haverfordwest and Fishguard. **Bus service** - 412

**Opening times:** Tuesday to Saturday 10.00am - 10.00pm. Bank Holiday Mondays 12noon - 9.00pm. Closed two weeks over Christmas.

**Facilities:** Fully licensed restaurant. Morning coffees. Large car park. Easy access for wheelchairs. Parties catered for with advance booking.



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## Wolfscastle Country Hotel

### Andrew Stirling

Wolfscastle, Haverfordwest,  
Pembrokeshire SA62 5LZ

Tel: 01437 741225 Fax: 01437 741383

Email: [enquiries@wolfscastle.com](mailto:enquiries@wolfscastle.com)

Website: [www.wolfscastle.com](http://www.wolfscastle.com)

**Description:** In the same ownership for 35 years, Wolfscastle Country Hotel & Allt yr Afon Restaurant has built an enviable reputation for good food, with particular emphasis on the use of fresh local produce.

We offer professional service in a relaxed and friendly atmosphere. À la carte and bar meals are also served in the hotel's lounge bar. Open seven days a week for lunch and dinner, all year round. See website for special offers and menus. AA Rosette for good food.

Member of Welsh Rarebit individually owned Hotels of Distinction.

**Directions:** Located in the village of Wolfscastle, just off the A40, halfway between Haverfordwest and the ferry port at Fishguard. **Bus service** - 412

**Opening times:** All year round, seven days a week for lunch and dinner. Lunch 12.00noon - 2.00pm. Dinner 6.30pm - 9.00pm. Hotel open all year except Christmas Eve, Christmas Day and Boxing Day.

**Facilities:** Licensed bar & restaurant and function suites. All bedrooms have private facilities.

