

Where to Eat in and around Roch

Please find below a list of places to eat in and around Roch. These are not recommendations, but for your information and are listed in no particular order. Please check the current opening hours by calling the restaurant directly.

ROCH

The Victoria Inn, Roch. SA62 6AW

01437 710426 / www.thevictoriainnroch.com

The Victoria Inn is a 10 minute walk from the castle and offers a traditional pub atmosphere.

NEWGALE

The Duke of Edinburgh, Woodhill Rise, Newgale. SA62 6AS

01437 7205866

Traditional pub.

SOLVA

The Cambrian Inn, Solva. SA62 6UU

01437 721 210 / www.thecambrianinn.co.uk

Gastro pub using local produce. Vegan/vegetarian options available.

Hats & Barrels, Solva. SA62 6UU

01437 721919 / <https://www.hatsandbarrels.co.uk>

Gastro pub using local produce. Vegan/vegetarian options available.

MamGu Welshcakes, Lower Solva. SA62 6UU

01437 454 369 / <https://mamguwelshcakes.com/>

Traditional and alternative flavoured homemade welshcakes. Lunch also available.

Harbour Inn, Marston's Pub

01437 720 341 / <https://www.harbourinnpubpembrokeshire.co.uk/>

Traditional pub food. Vegan/vegetarian options available.

The Ship Inn, Solva. SA62 6UU

01437 721 528 / <https://www.theshipsolva.co.uk/>

Traditional pub food.

35 Main Street, Solva, SA62 6UT

01437 729 236 / <https://www.35mainstreet.co.uk/>

Licensed café by day and restaurant by night. Specialises in local seafood. Breakfast, lunch, and Dinner. Eat in or take away. Vegetarian, vegan, and gluten free options available.

LITTLE HAVEN

The Castle, 1 Grove Place, Little Haven, Haverfordwest SA62 3UG

01437 781445 / <https://www.facebook.com/castlelittlehaven/>

Home cooked fresh local food for lunch and evening meals in a welcoming friendly atmosphere. Vegan/vegetarian options available.

Lobster & Mor, Grove Place, Little Haven, Haverfordwest SA62 3UG

01437 781959 / <https://www.lobsterandmor.co.uk/>

Crab sandwiches and coffee. Vegan/vegetarian options available.

St Brides Inn, St Brides Rd, Haverfordwest SA62 3UN

01437 781266 / <https://www.saintbridesinn.co.uk/>

Traditional pub, local produce. Vegan/vegetarian options available.

BROAD HAVEN

Sand & Stone, Marine Road, Broad Haven, Haverfordwest SA62 3JR

01437 782696 / <https://www.facebook.com/sandandstonekitchen>

Gastro Burgers. Vegan/vegetarian options available.

Ocean Café Bar, St Brides Bay View, Enfield Road, Broad Haven. SA62 3JG

01437 781882 / <http://www.oceancafebarandrestaurant.co.uk/>

All-day menus featuring classic seafood & café fare alongside a full bar with views of the ocean. Vegan/vegetarian options available.

Sunshine Italian, The Seafront, Broad Haven, Haverfordwest SA62 3JN

01437 781175 / <https://www.italianpembrokeshire.co.uk/>

Serving delicious authentic, Italian food. Vegan/vegetarian options available.

The Galleon Inn, 35 Enfield Rd, Broad Haven, Haverfordwest SA62 3JW

01437 781157 / <https://thegalleoninn.com/>

Traditional pub food. Vegan/vegetarian options available.

ST DAVIDS

Blas Restaurant, Twr y Felin Hotel

01437 725 555 / www.twryfelinhotel.com

Blas (Welsh for Taste) features locally sourced fresh ingredients. Sample Menus are available to view. Three AA Rosette class restaurant. Pre-booking a table is strongly recommended. Vegan/vegetarian options available.

Really Wild Emporium

01437 721 755 / <https://reallywildemporium.co.uk/>

Restaurant specialising in using wild plants and marine algae from Pembrokeshire. Open for lunch daily, dinner on Thursday, Friday, and Saturday evenings. Vegan/vegetarian options available.

St Davids Gin & Kitchen

01437 720 404 / <https://stdavidsdistillery.wales/pages/st-davids-gin-kitchen>

Lunch and dinner using fresh local ingredients. Vegan/vegetarian options available.

Grub Kitchen

07966 956 357 / <https://www.thebugfarm.co.uk/about-us/grub-kitchen/>

Sustainable local produce as well as the practice of eating insects which is known as entomophagy.

Pilgrims Café at Oriel y Parc

01437 723 290 / <https://www.facebook.com/PilgrimsCafestdavids/>

Breakfast, lunch and cakes. Vegan/vegetarian options available.

Grain

01437 454 321 / <https://grain.wales/>

Outdoor wood fired pizza. Open for lunch and dinner. Vegan/vegetarian options available.

The Mill

01437 729 290 / <https://www.facebook.com/TheMillStDavids/>

A café serving breakfast and lunch, with take away available. Take away dinners also available at the weekend. Vegan/vegetarian options available.

01437 725 555 01437 725 566 01437 725 588
stay@twryfelinhotel.com | stay@rochcastle.com | stay@penrhiwhotel.com

Peters Plaice, dine in and take away chip shop

01437 720 542 / <https://www.facebook.com/petersplaiceStDavids/>

Take away fish and chips. Vegan/vegetarian options available.

Pebbles Yard Gallery and Espresso Bar

01437 720 122 / <https://www.facebook.com/pebblesyardgallery/>

Coffee Shop and gallery. Vegan/vegetarian options available.

The Farmers Pub

01437 721 666 / <http://farmersstdavids.co.uk/>

Traditional pub, open for lunch and dinner. Food served 7 days a week during the summer months (April – October). Drinks only through the winter. Vegan/vegetarian options available.

The Bishops Pub

01437 720 422 / www.thebish.co.uk

Traditional pub, open for lunch and dinner. Vegan/vegetarian options available.

St Davids Cross Hotel

01437 720 387 / www.stdavidscrosshotel.co.uk

A restaurant and bar in the centre of St Davids offering a relaxed dining experience. Vegan/vegetarian options available.

The Grove, Marston's Pub

01437 720 341 / <https://www.grovehotelstdavidspembrokeshire.co.uk/>

Traditional pub food. Vegan/vegetarian options available.

St Davids Food and Wine

01437 721 948 / <http://stdavidsfoodandwine.co.uk/>

Delicatessen and take away baguettes/sandwiches. Vegan/vegetarian options available.

West Point Trading / The Veg Patch

01437 729 220 / <https://www.facebook.com/p/West-Point-Trading-100083169100773/>

Greengrocer, delicatessen and take away baguettes/sandwiches.

Losh's Pasties

<https://www.facebook.com/Loshs-Pasties-219762301481479>

01437 725 555 01437 725 566 01437 725 588
stay@twryfelinhotel.com | stay@rochcastle.com | stay@penrhiwhotel.com

Take away pasties and pies. Vegan/vegetarian options available.

The Bench Ice Cream Parlour

07855 327 196 / <https://www.facebook.com/benchcafe/>

Take away ice cream.

Saffron

01437 720 508 / <https://saffronstdavids.co.uk/>

Indian take away – dinner.

CKs Supermarket

07741 546 410

Monday to Saturday 7am to 9pm, Sunday 10am to 4pm.

Van-Y-Mor at Glan-Y-Mor Campsite

07984 159 195 / <https://www.facebook.com/profile.php?id=100090052658425>

Breakfast/Brunch served through summer months, weekdays 9am-2pm, weekends 9am-3pm.

Dinner served 5pm-8:30pm. Closed on Wednesdays.

Bagels and Brews at Clwb, St Davids

07983 602 061 / <https://www.facebook.com/bagelsandbrews22>

Based in a converted horse box. Serving a variety of bagels and coffee. Open 8:30am-2pm

Saturdays and Sundays throughout the summer months.

Mr Funks Sri Lankan Curry at Clwb, St Davids

<https://www.facebook.com/mrfunkssrilankancurry>

Ninja and Erin serve a limited menu of authentic kottu from their food truck. Serving every Friday, Saturday and Sunday 5pm-8:30pm but they are very popular so if you want to try their delicious food, arrive early.

Porthclais Kiosk at Porthclais Harbour

<https://www.facebook.com/porthclaiskiosk>

Situated in the car park of Porthclais Harbour, serving tea, coffee, cake, chocolate, and ice cream. Great pit stop when walking the Coast Path.

CROESGOCH

Crug Glas, Nr Croesgoch, Haverfordwest. SA62 6XX

01348 831 302 / www.crug-glas.co.uk

A relaxed restaurant serving traditional home cooked food. Vegan/vegetarian options available.

PORTHGAIN

The Shed Fish and Chip Bistro, Porthgain. SA62 5BN

01348 831 518 / www.theshedporthgain.co.uk

Famous for its fish and chips, The Shed also offers an a la carte menu of locally caught seafood.

NO TAKE AWAY DURING JULY AND AUGUST. Vegan/vegetarian options available.

The Sloop Inn, Porthgain. SA62 5BN

01348 831 449 / www.sloop.co.uk

The Sloop Inn, located in the small fishing village of Porthgain, offers a traditional pub atmosphere and classic dishes. Vegan/vegetarian options available.