



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.

MamGu Welshcakes, Lower Solva. SA62 6UU

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

Traditional and alternative flavoured homemade welshcakes. Lunch also available.

Harbour House, SA Brains Pub

01437 720 341 / <https://www.sabrainpubs.com/harbourinn>

Traditional pub food. Vegan/vegetarian options available.

The Ship Inn, Solva. SA62 6UU

01437 721 210 / www.thecambrianinn.co.uk

Traditional pub food.

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. Pre booking a table is strongly recommended. **Blas is open to non-residents for lunch and afternoon tea only.** Vegan/vegetarian options available.

St Davids Kitchen

01437 720 009 / <https://stdavidskitchen.co.uk/>

Lunch and dinner using fresh local ingredients.

The Bishops Pub

01437 720 422 / www.thebish.co.uk

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

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.

Grub Kitchen

07986 698169 / <http://www.grubkitchen.co.uk/>

Sustainable local produce as well as the practice of eating insects which is known as entomophagy. Vegan/vegetarian options available.

Pilgrims Café at Oriel y Parc

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

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

The Farmers Pub

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

Traditional pub, open for lunch and dinner. Closed Sunday evening and Mondays. Vegan/vegetarian options available.

The Grove, SA Brains Pub

01437 720 341 / www.sabrainpubs.com/pubs-and-hotels/mid-west-wales/pembrokeshire/grove-hotel

Traditional pub food. Vegan/vegetarian options available.

Really Wild Emporium

01437 721 755

Restaurant specialising in using wild plants and marine algae from Pembrokeshire. Open for lunch daily, dinner at weekends. 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.

The Veg Patch

01437 729 220 / <https://www.thevegpachstdavids.co.uk/>

Greengrocer, delicatessen and take away baguettes/sandwiches.

Losh's Pasties

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

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.

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.

Peters Plaice, dine in and take away chip shop

01437 720542 / <https://www.facebook.com/petersplaiceStDavids/>

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

Pebbles Café

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

Coffee Shop and gallery.

The Refectory at the Cathedral

01437 721 760 / <https://www.stdavidscathedral.org.uk/visit/refectory>

Open for brunch, lunch and pizzas. Vegan/vegetarian options available.

Saffron

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

Indian take away – dinner.

City Inn

01437 720 829 / <https://www.cityinnstdavids.co.uk/>

Traditional pub open for dinner only.

CKs Supermarket

07741 546 410

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

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.