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ROCH CASTLE  
ST DAVID'S

## 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 710 426 / [www.thevictoriainnroch.com](http://www.thevictoriainnroch.com)**

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

*Open every day for dinner.*

### SOLVA

**The Cambrian Inn, Solva. SA62 6UU**

**01437 721 210 / [www.thecambrianinn.co.uk](http://www.thecambrianinn.co.uk)**

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

*Lunch -12:00 - 14:45. Dinner 17:30 - 20:30. Sunday Lunch - Sundays 12:00 - 15:00.*

**Hats & Barrels, Solva. SA62 6UU**

**01437 721 919 / <https://www.hatsandbarrels.co.uk>**

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

*Mon-Sun - 11:00-22:00.*

**Harbour Inn, Marston Pub**

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

Traditional pub food. Vegan/vegetarian options available.

*Mon-Sun 11:00-23:00.*

01437 725 555

01437 725 566

01437 725 588

[stay@twryfelinhotel.com](mailto:stay@twryfelinhotel.com) | [stay@rochcastle.com](mailto:stay@rochcastle.com) | [stay@penrhiwhotel.com](mailto:stay@penrhiwhotel.com)

**The Ship Inn, Solva. SA62 6UU**

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

Traditional pub food.

*Tues- Sat 12-14:30 & 17:00-20:00, Sunday Lunch 12:30 – 14:30.*

**35 Main Street, Solva, SA62 6UT**

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

Licensed café by day and restaurant by night. Vegetarian, vegan, and gluten free options available.

*Mon- Sun 09:00-21:00.*

**Café on the Quay, Solva. SA62 6UQ**

**01437 721725**

Cafe situated on the quay, offer light lunches, cakes and ice cream, along hot and cold drinks.

*Open everyday except Thursday, 10:00-15:00.*

**Mrs Will the Fish, Solva. SA62 6TN**

**01437 721571**

The take-away with a difference. Locally caught crabs, lobster seafood platters daily.

*Open everyday except Thursday and Sunday, 09:00-13:00.*

## 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.

*Open Mon-Sun 11:00-23:00.*

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

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

Crab sandwiches and coffee. Vegan/vegetarian options available. *09:00-17:00 daily.*

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

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

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

*Open every day for dinner.*

## BROAD HAVEN

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

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

Gastro Burgers. Vegan/vegetarian options available.

*Open Thurs-Sun 10:00-15:00*

**Ocean Café Bar, 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.

*Open Mon-Sun 09:00-23:00*

**Rwts, The Seafront, Broad Haven, Haverfordwest SA62 3JN**

01437 781175 / <https://rwts.uk/>

With a focus on plant-forward, gluten-free, and wholesome dishes.

Vegan/vegetarian options available.

*Closed Monday, Open Tue-Thurs 08:30-21:30 and Fri-Sun 08:30 – 22:00.*

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

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

Traditional pub food. Vegan/vegetarian options available.

*Mon-Sun 11:30-22:30.*

**Off The Hook, Marine Road, Broad Haven, SA62 3JR**

01437 782765

Fish and chip restaurant with a range of vegetarian and vegan options. Dog Friendly.

## HVERFORDWEST

**The Rising Sun, St Davids Road, Pelcomb Bridge, Haverfordwest SA62 6EA.**

01437 765171/ <https://www.therisingsun.wales>

Serving delicious home cooked, locally sourced food.

*Open Mon-Sat 17:00 – 20:30, Sunday 12:00 – 16:00pm*

The Lost Coins, Fishguard Road, Withybush Roundabout, Haverfordwest SA62 4BP.

01437 766602. <https://www.lostcoinspubhaverfordwest.co.uk/>

A family-friendly pub offering relaxed restaurant-style dining. Vegan/vegetarian options available.

*Open every day for food.*

Forbidden Florist, Quay Street, Haverfordwest, SA61 1BG.

01437 208989/ <https://forbiddenflorist.co.uk/>

A unique seasonal kitchen & cocktail bar. Fresh locally inspired dishes in an enchanting setting. Vegan/vegetarian options available.

*11:00-22:00 every day*

The Glen, Merlin's Hill, Haverfordwest, SA61 1XA.

01437 760070. <https://www.theglenpembrokeshire.co.uk/>

Traditional Welsh restaurant and bar offering local cuisine, outdoor beer garden.

Vegan/vegetarian options available.

*12:00-23:00 every day*

## ST DAVIDS

**Blas Restaurant, Twr y Felin Hotel**

01437 725 555 / <https://blasrestaurant.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.

*Pre-booking a table is strongly recommended. Open Wed-Sun: Dinner 18:00-20:00. Afternoon Teas 14:00-16:30. Sunday lunches 12:30-14:30. Blas will be closed from 4<sup>th</sup> January – 31<sup>st</sup> March 2026 for kitchen renovations. Limited dining will be available at sister venue Penrhiw Priory, please contact Reception Team for more details.*

**Really Wild Emporium**

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

Restaurant specialising in using wild plants and marine algae from Pembrokeshire, Offering different menus throughout the year. Vegan/vegetarian options available.

*Tasting Menu Thurs – Sunday; Christmas Set Menu Weds – Sat from 19<sup>th</sup> November – 20<sup>th</sup> December*

### **No. 16 St Davids**

07903 982 695 / <https://www.no16stdavids.wales/>

Restaurant and Cocktail Bar with a “Farm and Sea to Table” ethos. Lunch and dinner using fresh local ingredients. Vegetarian options are available.

*Thurs – Sun 18:00 – 22:00; Sundays 12:00 – 16:30*

### **The Brunch House at Oriel y Parc**

01437 723 263 / <https://www.facebook.com/people/The-Brunch-House/61566916133638/>

Serving fresh, vibrant and tastebud tantalising brunches daily at Oriel Y Parc, St David’s, Pembrokeshire. Brunch served 9.30-3pm, drinks and cakes until 4pm unless it’s particularly quiet. Dog friendly. Walk ins only.

### **Grain**

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

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

*Mon- Closed*

*Tues, Thurs, Friday, Sun- 17:00- 22:00*

*Sat 12:00 - 22:00*

### **Santos Tŷ Tapas**

01437 650 011 / <https://santos.wales/>

Bold, flavour-packed Spanish tapas alongside locally brewed craft beers, tasty wines and range of traditional spirits. Vegetarian options are available.

*Open Wed – Friday for dinner; Lunch and dinner Saturday; Lunch Sunday*

### **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 on Fridays and Saturdays. Vegan/vegetarian options available.

*Mon-Sun 09:00- 16:00*

### **The Cathedral Coffee Shop by MamGu Welsh Cakes**

01437 460 147 / <https://mamguwelshcakes.com/pages/st-davids-coffee-shop>

Enjoy light bites, hot and cold drinks, and MamGu’s fabulous freshly made Welsh cakes!

*Tues- Closed*

*Mon, Wed, Thurs, Fri, Sat, Sun- 09:30- 16:00*

**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.

*Mon, Tues, Thurs, Sun- Closed Fri- Sat- 12:00- 20:00*

**The Bishops Pub**

01437 720 422 / [www.thebish.co.uk](http://www.thebish.co.uk)

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

*Mon-Sun 10:30- 00:00. Food served 12:00-15:00, 17:30-21:30.*

**The Grove, Marston's Pub**

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

Traditional pub food. Vegan/vegetarian options available.

*Mon-Sun 07:00-23:00*

**St Davids Deli & Wine**

<https://www.facebook.com/p/St-Davids-Deli-Wine-61575631495800/>

Serving freshly made baguettes, cooked meats and Italian charcuterie, Welsh cheeses, local beers, wines and ciders. Wholefoods, bakery and more.

*Mon-Sun 08:30-17:30*

**West Point Trading**

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

Greengrocer, delicatessen and take-away baguettes/sandwiches.

*Open everyday apart from Wednesday and Sunday, 09:00-15:30.*

**Losh's Pasties**

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

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

*Closed all week apart from Saturday 10:00-16:00.*

**Saffron**

01437 720 508

Indian restaurant, sit in or takeaway.

*Mon-Sun 17:00-22:00*

**CKs Supermarket**

07741 546 410

*Monday to Saturday 07:00 to 21:00, Sunday 10:00 to 16:00.*

01437 725 555

01437 725 566

01437 725 588

[stay@twryfelinhotel.com](mailto:stay@twryfelinhotel.com) | [stay@rochcastle.com](mailto:stay@rochcastle.com) | [stay@penrhiwhotel.com](mailto:stay@penrhiwhotel.com)

**St Davids Fish and Chips, 36 High Street, Haverfordwest SA62 6SD.**

**01437 723640 / <https://www.stdavidsfishandchips.co.uk/>**

Freshly cooked fish and chips, pies, juicy kebabs with a range of vegetarian options.

*Sun- Closed*

*Mon-Sat 12:00 – 21:00*

## CROESGOCH

**Crug Glas, Nr Croesgoch, Haverfordwest. SA62 6XX**

**01348 831 302 / [www.crug-glas.co.uk](http://www.crug-glas.co.uk)**

A relaxed restaurant serving traditional home cooked food. Vegan/vegetarian options available. Lunch and afternoon tea available – pre-booking required.

*Open everyday 18:30 – 21:00*

## PORTHGAIN

**The Sloop Inn, Porthgain. SA62 5BN**

**01348 831 449 / [www.sloop.co.uk](http://www.sloop.co.uk)**

The Sloop Inn, located in the small fishing village of Porthgain, cosy traditional hostelry with sea views offering hearty pub grub and locally caught fish specials. Vegan/vegetarian options are available.

*Mon-Sun 9:30-22:00*

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

**01348 831 518 / [www.theshedporthgain.co.uk](http://www.theshedporthgain.co.uk)**

Fish and chips and an a la carte menu of locally caught seafood.

Vegetarian options are available.

*Mon-Sun 9:30- 21:00*