Baker Brothers + Trewent Shellfish

Contact Name: Huw Baker
87 High Street, Pembroke Dock, Pembrokeshire, SA72 6PE
T 01646 685149
e huw417@btinternet.com
Inshore fishing – specialising in freshly caught shellfish (lobster, brown crab and spider crab). Also line caught Pembrokeshire Sea Bass, Mackerel and Pollack. Dressed crab and lobster and spider crab meat. Crab cakes.
Business Hours: May 1st till October 1st. 7 days a week
Deliveries: South Pembrokeshire Area
Main Supply Market: European Shellfish Market.
Pysgota ger y lan - arbenigo mewn pysgod cregyn newydd eu dal (cimwch, cranc coch a chranc heglog). Hefyd Draenogiad, Macrel a Morlas Sir Benfro wedi'u dal â lein. Cig cranc a chimwch a chranc heglog wedi'u paratoi. Cacennau cranc.
Oriau Busnes: May 1 tan Hydref 1. 7 diwrnod yr wythnos
Danfoniadau: South Pembrokeshire Area
Marchnad a Gyflenwir yn Bennaf: Marchnad Pysgod Cregyn Ewrop.

Brooksgrove Farm

Contact Name: Gary Rees
Church Cottage, Spittal, Haverfordwest, Pembrokeshire, SA62 5QP
T 01437741236
e garyrees@brooksgrove.co.uk
w www.brooksgrove.co.uk
f Brooksgrove Farm
t Brooksgrove Farm
Growers of fresh produce, including soft fruit, cut flower and pumpkins. Available for pick your own, farm gate, retail and wholesale.
Business Hours: Seasonal- check website and social media.
Main Supply Market: Pick Your Own, Farm Gate to wholesale.
Tyfwyr cynnyrch ffres, sy'n cynnwys ffrwythau meddal, blodau wedi eu torri a phwmpenni. Ar gael ar gyfer hunangasglu, prynu wrth gât y fferm, manwerthu a chyfanwerthu.
Oriau Busnes: Tymhorol – cofiwch fwrw golwg ar y wefan a'r cyfryngau cymdeithasol.
Marchnad a Gyflenwir yn Bennaf: Hunangasglu, Prynu wrth Gât y Fferm hyd at Gyfanwerthu.

Bwyd Y Byd Organic Wholefoods and Hampers

Contact Name: Suzanne Jones
Bwyd Y Byd, 1 Prospect Place, Crymych, SA41 3QQ
T 01239 831537
e malcolm378@aol.com
w www.healthfoodswales.co.uk
Hampers of Welsh products or individually tailored, speciality hampers e.g. gluten free, vegan etc. Coming soon, homemade speciality breads and preserves.
Business Hours: Mon – Fri: 7.30-5.30pm Sat: 7.30am-5pm
Deliveries: By arrangement
Main Supply Market: Independent.
Basgedi bwyd o gynhyrchion Cymreig neu fasgedi bwyd arbenigol wedi'u llunio'n unigol e.e. heb glewten, figan ac ati. Yn dod cyn bo hir, bara a chyffeithiau cartref arbenigol.
Oriau Busnes: Mon – Fri: 7.30am- 5.30pm Sat: 7.30am-5pm
Danfoniadau: Trwy drefnu
Marchnad a Gyflenwir yn Bennaf: Annibynnol.

Caffle Brewery

Contact Name: Sharon Bannister
The Old School, Llawhaden, Narberth, SA67 8DS
T 01437 541502
e contact@cafflebrewery.co.uk
w www.cafflebrewery.co.uk
f Caffle brewery
t Cafflebrewery
Micro Brewery that crafts cask and bottle conditioned ales. Brewery tours by arrangement.
Business Hours: Off sales
Deliveries: Pembrokeshire
Main Supply Market: Pubs, hotels, delis.
Bragdy bach sy'n saernïo cwrw wedi ei gyflyru yn y gasgen a'r botel. Modd trefnu taith o amgylch y bragdy.
Oriau Busnes: Gwerthu â thrwydded
Danfoniadau: Sir Benfro
Marchnad a Gyflenwir yn Bennaf: Tafarnau, gwestai, siopau danteithion tramor.

Claws Shellfish

Contact Name: Neil, Christine & Joe Viles
Lodge Gate, Hazelbank hill, hazelbeach,
Milford Haven, SA73 1EL
T 01646 601010
e clawsshellfish@tiscali.co.uk
Family run shellfish processors, producing shellfish, fish and baked goods. Find us at St Davids- Thursday, Haverfordwest- Friday and Fishguard-Saturday. True taste winners and fishmonger of the year 2010 and 2011.
Main Supply Market: General Public.
Busnes prosesu pysgod cregyn teuluol, yn cynhyrchu pysgod cregyn, pysgod a nwyddau wedi'u pobi. Gwelwch ni yn Nhyddewi – dydd Iau, Hwlffordd – dydd Gwener ac Abergwaun – dydd Sadwrn. Enillwyr gwir flas a gwerthwyr pysgod y flwyddyn 2010 a 2011.
Marchnad a Gyflenwir yn Bennaf: Y Cyhoedd.

Cwm Deri Estate

Contact Name: Mike Caine
Cwm Deri Estate, Martletwy, Narberth,
Pembrokeshire SA67 8AP
T 01834 891274
F 01834 891464
m 07957337922
e mike@cwm-deri.co.uk
w www.cwm-deri.co.uk
Wine making/vineyard/tourist attraction.
Cwm Deri Vineyard is the largest producer of country wines, liqueurs and mead in Wales. An excellent range of over 20 alcoholic beverages to choose from, all produced and bottled in Cwm Deri's purpose-built winery.
Business Hours: 7 Days a week
Deliveries: Wales/UK
E-commerce facilities: Yes
Mail Order: Yes
Main Supply Market: Direct sales Craft, agriculture and country fairs all over mainland UK. Selected trade outlets.
Gwinllan Cwm Deri yw'r cynhyrchydd gwinoedd, gwirodlynnau a medd mwyaf yng Nghymru. Amrywiaeth ragorol o fwy nag 20 o ddiodydd alcoholaidd i ddewis o'u plith, pob un wedi ei chynhyrchu a'i photelu yng ngwindy Cwm Deri a adeiladwyd yn bwrpasol.
Oriau Busnes: 7 Diwrnod yr wythnos
Danfoniadau: Cymru/DU Cyfleusterau E-Fasnach: Oes
Archebu Trwy'r Post: Ie
Marchnad a Gyflenwir yn Bennaf: Gwerthu uniongyrchol, Crefft, ffeiriau amaethyddol a gwledig ym mhob man ar dir mawr y DU. Allfeydd masnach dewisol.

Eurospar Milford Haven

Contact Name: Chris and Nicola Ward
Charles Street, Milford Haven, Pembrokeshire, SA73 2HA
T 01646 692675
w www.spar.co.uk
f Eurospar
t Eurospar Milford

The shop, located on the main shopping street in Milford Haven has recently been converted to a Eurospar format. This has transformed the once convenience store to a supermarket format, where customers can literally complete their full weekly shop. We have a fully stocked and completely chilled off licence for all white and rose wines and all beers lagers and ciders, and a comprehensive range of red wine. As well as the usual mainstream brands the store is specialising in local and Welsh produce. Welsh foods include; meat, sausages and bacon, flavoured milk drinks, yogurts, fresh vegetables, bread and cakes, bottled beers, preserves, potted salads, frozen samosas, carbonated drinks and confectionary. There are plans to extend the Welsh product ranges further. The store also houses the Milford Haven Post, with a Bureau de Change, and a free to use ATM. Other services include Costa Coffee instore, dry cleaning & laundry service, paypoint and lotto.
Business Hours: Mon-Sat 07am– 10pm Sun 8am-10pm
Main Supply Market: Direct to consumer in retail store.

Mae'r siop, ar brif heol siopa Aberdaugleddau, wedi ei newid yn ddiweddar yn newid i fod ar gynllun Eurospar. Mae hyn wedi gweddnewid y siop a oedd un tro yn siop nwyddau cyfleus, i fod fel archfarchnad ble mae'n hollol bosibl i gwsmeriaid wneud eu siopa ar gyfer yr wythnos gyfan. Mae gennym siop drwyddedig wedi'i hoeri drwyddi ar gyfer pob gwin gwyn a rosé a phob cwrw, lager a seidr, a dewis eang o win coch. Yn ogystal â'r brandiau cyfarwydd arferol, mae'r siop yn arbenigo mewn cynhyrchion lleol a Chymreig. Mae'r bwydydd Cymreig yn cynnwys; cig, selsig a bacwn, diodydd llaeth cyflasedig, iogwrt, llysiau ffres, bara a chacennau, cwrw potel, cyffeithiau, potiau o salad, samosas wedi rhewi, diodydd carbonedig a melysion. Mae cynlluniau i ehangu'r amrywiaethau o gynhyrchion Cymreig. Mae'r siop yn cynnwys hefyd Swyddfa Bost Aberdaugleddau, gyda Swyddfa Newid Arian a pheiriant codi arian di-dâl. Ymysg y gwasanaethau eraill mae Costa Coffee yn y siop, gwasanaeth sychlanhau a golchi dillad, man talu 'paypoint' a lotto.
Oriau Busnes: Dydd Llun – Dydd Sadwrn 7am –10pm Sul 8am-10pm
Marchnad a Gyflenwir yn Bennaf: Yn uniongyrchol i'r cwsmer yn y siop fanwerthu.

Fire and Ice

Contact Name: Lynne Baylis
65-66 St James Street, Narberth, SA67 7DB
T 1834 861995
e info@fireandicewales.co.uk
w www.fireandicewales.co.uk
f fireandicenarberth
t sorbetnarberth

Artisan Produce of Luxury Fruit Sorbets, Cocktail Sorbets, Frozen Yoghurt, Ice Cream.
Wholesale of Fruit Sorbet products via distributor for Pembrokeshire/ Carmarthenshire delivery. Retail Shop, selling above products plus range of welsh ales, ciders, whisky and other country wines and liqueurs.
Business Hours: 9.30am-5.30pm Monday-Saturday
Deliveries: Pembrokeshire/Carmarthenshire.

Nwyddau Crefftwaith, Sorbedau Ffrwyth Moethus, Sorbedau Coctel, Iogwrt wedi Rhewi, Hufen Iâ. Cyfanwerthu nwyddau Sorbed Ffrwythau trwy ddosbarthwr ar gyfer Sir Benfro/Sir Gaerfyrddin. Siop fanwerthu, yn gwerthu'r nwyddau uchod ac amrywiaeth o gwrw, seidr, wisgi Cymreig a gwinoedd a gwirodlynnau gwledig eraill.
Oriau Busnes: 9.30am-5.30pm Dydd Llun-Dydd Sadwrn
Danfoniadau: Sir Benfro/Sir Gaerfyrddin.

Four Seasons

Contact Name: Mr Hugh Scale
Upper Park Road, Tenby, SA70 7LT
Four Seasons Farmshop, Bethesda Cross,
Saundersfoot, Pembrokeshire SA69 9DS
T 01834 849100/812911
F 01834 849004
e hugh4seasons@googlemail.com

Both shops stock a high quality of fruit and vegetables sourced locally when in season. The award-winning farmshop has a large selection of local, Welsh and continental cheeses, hams and charcutiere, olives, pates, freshly baked instore bread, organic flour, preserves, pickles, chutneys, on-tap oils and flavoured vinegars. Fresh game, organic meat and free-range chickens are also available. Also locally produced pies, pasties and baked goods. The farmshop prides itself on stocking as much local produce as possible.
Business Hours: 7am-6pm
Deliveries: Yes
Main Supply Market: Catering trade, retail and own shop.

Mae'r ddwy siop yn cadw cyflenwad o ffrwythau a llysiau o ansawdd uchel, wedi eu tyfu'n lleol pan maent yn eu tymor. Mae gan y Siop Fferm, sydd wedi ennill gwobrau, ddewis helaeth o gaws lleol, caws o Gymru a'r cyfandir, cig mochyn a chig parod ac olifau, pate, bara wedi ei bobi yn y siop, blawd organig, cyffeithiau, picls, siytni, olew o'r tap a finegr â blas iddo. Ceir cig helwriaeth ffres, cig organig a dofednod rhyddion hefyd. Yn ogystal â pheis, pastai a nwyddau wedi eu pobi'n lleol. Mae'r siop fferm yn ymfalchïo mewn cadw mewn stoc gymaint o gynnyrch lleol ag sydd yn bosibl.
Oriau Busnes: 7am-6pm
Danfoniadau: Ie
Marchnadoedd a Gyflenwir yn Bennaf: Busnesau arlwyo, manwerthu a'n siop ein hunain.

Gate 2 Plate Farmshop

Contact Name: Anna Llewellin or Vicky James
Mayfield Golf Centre, Lower Freystrop, Haverfordwest, SA62 4ET
T 01437 779451
e a.llewellin@btinternet.com
W www.gate2platefarmshop.co.uk

At our farmshop we sell our own beef, rare breed pork and source local lamb. Our butchery section also makes homemade sausages, burgers and faggots. We also produce homemade pies, pasties and cakes. Local produce includes cheese, eggs, jam, bread, milk, veg, ice-cream and much more.
Business Hours: Mon-Fri 8.30am – 5.30pm. Sat 8.30am – 4pm
Main Supply Market: Retail.

Yn ein siop fferm rydym yn gwerthu ein cig eidion ein hunain, cig mochyn brîd prin a chig oen o ffynonnell leol. Yn ogystal, mae ein hadran bwtsiera yn gwneud selsig cartref, byrgyrs a ffagots. Rydym hefyd yn cynhyrchu pastai, pastenni a chacennau wedi eu gwneud gartref. Mae'r cynnyrch lleol yn cynnwys caws, wyau, jam, bara, llaeth, llysiau, hufen iâ a llawer mwy.
Oriau Busnes: Dydd Llun-Gwener 8.30 – 5.30. Sadwrn 8.30 – 4.00
Marchnadoedd a Gyflenwir yn Bennaf: Manwerthu.

Gwaun Valley Meats

Contact Name: William Evans
3 St David's Road, Letterston,
Haverfordwest, Pembrokeshire, SA62 5SF
T 01348 840838
F 01348 840838
m 07788 974405
e gwaunmeats@yahoo.co.uk
w www.gwaunvalleymeats.co.uk
Award winning retail and catering butchers selling locally farmed beef, lamb, pork and poultry. Specialising in our own cured bacon, gammon and cooked meats, sausages and faggots. Also selling bread, vegetables, local eggs, jams and chutneys. There is also a post office and we offer a pig roasting and BBQ service.
Business Hours: 9am-5.30 Mon-Fri 9am-3pm Sat
Deliveries: Pembrokeshire
Mail Order: Yes
E-commerce facilities: Yes
Main Supply Market: Direct from shop, retail, catering and internet.
Cigyddion manwerthu ac arlwyo arobryn, yn gwerthu cig eidion, oen, porc a dofednod o ffermydd lleol. Rydym yn arbenigo mewn bacwn a gamon wedi'u halltu ein hunain a chigoedd wedi'u coginio, selsig a ffagots. Rydym hefyd yn gwerthu bara, llysiau, wyau lleol, jamiau a siytni. Mae swyddfa bost hefyd ac rydym yn cynnig gwasanaeth rhostio mochyn a barbeciw.
Oriau Busnes: 9am-5.30 Dydd Llun - Dydd Gwener 9am-3pm Sadwrn
Danfoniadau: Sir Benfro
Archebu Trwy'r Post: Ie
Cyfleusterau E-Fasnach: Oes
Marchnad a Gyflenwir yn Bennaf: Yn uniongyrchol o'r siop, manwerthu, arlwyo a'r we.

JK Lewis a'i Fab Cyf

Contact Name: Mr & Mrs Carwyn James
JK Lewis, Preseli Stores, Crymych, SA41 3QF
T 01239 831288
F 01239 832968
m 07790604745
e jklewis@btconnect.com
Convenience store. Hand craft bakery. Makers of cakes and artisan breads and rolls.
Business Hours: 7.30am-8pm Mon to Sat 8.30am-3pm Sunday
Deliveries: Pembrokeshire, Carmarthenshire, Ceredigion.
Siop gyfleus. Popty gwaith llaw. Gwneuthurwyr cacennau a bara a rholiau crefft.
Oriau Busnes: 7.30am-8pm Dydd Llun – Dydd Sadwrn 8.30am-3pm Dydd Sul
Danfoniadau: Sir Benfro, Sir Gaerfyrddin, Ceredigion.

Jon James Convenience Shop

Contact Name: Mr Jon James
64 Portfield, Haverfordwest, Pembrokeshire SA61 1BW
T 01437 763376
Butchery counter selling only local meat, variety of homemade sausages and burgers, barbecue packs of meat available. Also sell local milk, butter, cream, honey, eggs, vegetables, fruits and soft drinks.
Business Hours: 6.30am-10pm daily
Deliveries: Local
Main Supply Market: Direct sales and catering with the meat, and own shop.
Cownter cig yn gwerthu cig lleol yn unig, amrywiaeth o selsig a byrgyrs cartref, paciau o gig barbeciw ar gael. Hefyd yn gwerthu llaeth, menyn, hufen, mêl, wyau, llysiau lleol, ffrwythau a diodydd meddal.
Oriau Busnes: 6.30am-10pm bob dydd
Danfoniadau: Lleol
Marchnadoedd a Gyflenwir yn Bennaf: Gwerthu ac arlwyo uniongyrchol gyda'r cig, a'n siop ein hunain.

Ken Davies Ai Fab

Contact Name: Ken Davies
London House, Main Street, Crymych, Pembrokeshire SA41 3QE
T 01239 831978
e kenlon1.pontycwm@virgin.net
Traditional family butchers supplying quality local fresh meats to retail and catering trade. Homemade sausages, burgers, faggots and bacon.
Business Hours: 8am-5.30pm Monday to Sat
Deliveries: Free daily delivery.
Main Supply Market: Retail and catering.
Cigyddion teuluol traddodiadol yn cyflenwi cigoedd ffres lleol o safon uchel i fusnesau manwerthu ac arlwyo. Selsig, byrgyrs, ffagots a bacwn cartref.
Oriau Busnes: 8am-5.30pm Dydd Llun i Ddydd Sadwrn
Danfoniadau: Danfon am ddim bob dydd.
Marchnad a Gyflenwir yn Bennaf: Manwerthu ac arlwyo.

Number 20

Contact Name: Andrew Humble
20 Market Street, Haverfordwest, Pembrokeshire, SA61 1NH
T 01437 763794
m 07778323232
e andrew.number20@gmail.com
Delicatessen, foody gifts, hampers, vintage and antique china.
Business Hours: Tuesday to Saturday 10.30am – 4pm
Main Supply Market: Direct Sales.
Danteithion tramor, anrhegion bwyd, basgedi bwyd, llestri hen ffasiwn a hynafol.
Oriau Busnes: Dydd Mawrth i Ddydd Sadwrn 10.30am – 4pm
Marchnad a Gyflenwir yn Bennaf: Gwerthu uniongyrchol.

Pembrokeshire Pasty & Pie Co

Contact Name: Oliver Booth
Pemby Foods, The Old Dairy, Sarngwm Farm, Bethesda, Pembrokeshire, SA67 8HG
T 01834 845587
m 07798 697139
e info@parcelsofmagic.com
w www.parcelsofmagic.com
Retail outlet for our award winning pasties and pies, open- March-October, situated in Tenby
Town Centre, see website for full menu and local news.
Business Hours: Open March-October
Main Supply Market: General Public.
Safle manwerthu ar gyfer ein crystiau a phateiod arobryn, agored – Mawrth-Hydref, yng Nghanol Tref Dinbych-y-pysgod, gweler y wefan am fwydlen lawn a newyddion lleol.
Oriau Busnes: Ar agor mis Mawrth-Hydref
Marchnad a Gyflenwir yn Bennaf: Y Cyhoedd.

Pembrokeshire Produce Direct

Contact Name: Ashley Calvert
Sarngwm, Bethesda, Narberth, Pembrokeshire, SA67 8HG
T 01437 563035
F 01437 562063
e info@pembrokeshireproducedirect.co.uk
w wwww.pembrokeshireproducedirect.co.uk

Pembrokeshire Produce Direct is a cooperative of around 70 West Wales Food Producers who have got together to offer a completely new way of buying local food. With an exciting website at www.pembrokeshireproducedirect.co.uk or telephone ordering on 01437 563035 and a central delivery hub you can buy whatever you want from as many producers as you like and receive a single delivery direct to your home, workplace or holiday destination. We can also provide a bespoke “Welcome Pack” service for your holiday cottages. Let us know what you would like and we will do the rest! A weekly order cycle means that the majority of your order will have been specially produced for you – it doesn’t get more fresh and fun than that! Take a look at our website – you’ll be surprised at what’s on offer.

Mail Order: Yes
Business Hours: 24 hours a day, 365 days a year
Deliveries: Yes, West Wales and beyond
Main Supply Market: Domestic, catering and tourism.

Cwmni cydweithredol yw Cynnyrch Sir Benfro / Pembrokeshire Produce Direct. Mae’n cynnwys oddeutu 70 o Gynhyrchwyr Bwyd yng Ngorllewin Cymru sydd wedi dod at ei gilydd er mwyn cynnig ffordd hollol newydd o brynu bwyd lleol. Gallwch brynu beth bynnag yr hoffech gan faint fynnwch o gynhyrchwyr, trwy ddefnyddio gwefan gyffrous yn www.pembrokeshireproducedirect.co.uk neu archebu dros y ffôn ar 01437 563035 neu drwy ganolfan ddanfon ganolog. Ac fe gewch un danfoniad yn syth i’ch cartref, gweithle neu gyrchfan gwyliau. Ar ben hynny gallwn ni ddarparu gwasanaeth “Pecyn Croeso” pwrpasol ar gyfer eich bythynnod gwyliau. Rhowch wybod i ni beth yr hoffech ei gael ac fe wnawn ni bopeth arall! Bydd cylch archebion bob wythnos yn golygu y bydd y rhan fwyaf o’ch archeb wedi’i chynhyrchu’n arbennig i chi - ffresni di-ddwli yng ngwir ystyr y gair! Beth am fwrw golwg ar ein gwefan - fe synnech beth sydd ar gynnig yno!

Archebu Trwy’r Post: Ie
Oriau Busnes: 24 awr y dydd, 365 diwrnod y flwyddyn
Danfoniadau: Ie, Gorllewin Cymru ac ymhellach
Marchnadoedd a Gyflenwir yn Bennaf: Domestig, arlwyo a thwristiaeth.

Priory Farmshop

Contact Name: Mr & Mrs A P Brace
Priory Farm, New Hedges, Tenby, Pembrokeshire SA70 8TN
T 01834 844662

Home & locally grown veg. Homemade cakes, tarts, jams and preserves. Free-range eggs. Local bakery bread. Plants and flower baskets in season.

Business Hours: Mon-Fri 8.30am-5.30pm Sat-Sun 8.30am-5.00pm
Deliveries: Local
Main Supply Market: Guest houses, restaurants, own farmshop.

Llysiau wedi’u tyfu gartref ac yn lleol. Cacennau, teisennau, jamiau a chyffeithiau cartref. Wyau buarth. Bara o bopty lleol. Planhigion a basgedi blodau yn eu tymor.

Oriau Busnes: Dydd Llun - Dydd Gwener 8.30am-5.30pm Sadwrn a Sul 8.30am-5.00pm
Danfoniadau: Lleol
Marchnad a Gyflenwir yn Bennaf: Gwestai, Bwytai, ein siop fferm ein hunain.

Rhoshill Herbs & Garden Plants

Contact Name: Andy Cook (NCH), and Liz Cook (OND)
Hort Tripp Farmhouse, Rhoshill, Cardigan,
Pembrokeshire SA43 2TX
T 01239 841827
m 07967 917449
e andy.herb@tiscali.co.uk

Growers of 150 varieties of herbs for culinary and 80 varieties of shrubs produced from cuttings and seed on our own premesis. All grown in an environmentally friendly way, without the use of chemical controls, ensuring our plants are safe for our customers and Pembrokeshire's diverse wildlife. Not currently open, please email for a list of herbs.
Business Hours: 7am-7pm
Deliveries: North Pembrokeshire
Main Supply Market: Farmers markets and food festivals. Our herbs may also be purchased from the Natural Botanic Gardens of Wales Plant Sales and Pembrokeshire Produce Direct in season.

Tyfwyr 150 o wahanol fathau o berlysiau ac 80 o wahanol fathau o lwyni wedi eu tyfu o doriadau a hadau ar ein safle ein hunain. Maen nhw i gyd yn cael eu tyfu mewn modd cydnaws â'r amgylchedd heb eu rheoli gyda chemegolion, gan sicrhau bod ein planhigion yn ddiogel ar gyfer ein cwsmeriaid a bywyd gwyllt amrywiol Sir Benfro. Nid ydym yn agored ar hyn o bryd. Mae croeso i chi e-bostio am restr o berlysiau.
Oriau Busnes: 7am-7pm
Danfoniadau: Gogledd Sir Benfro
Marchnad a Gyflenwir yn Bennaf: Marchnadoedd ffermwyr a gwyliau bwyd. Mae modd hefyd prynu ein perlysiau o Adran Gwerthu Planhigion Gardd Fotaneg Genedlaethol Cymru a Cynnyrch Sir Benfro Uniongyrchol yn ystod y tymor.

Roots & Fruits

Contact Name: Mrs M Williams
23 West St, Fishguard, SA65 9AL
T 01348 874100
e mairwilliams4608@hotmail.com
Fruit & Veg, greengrocer, cakes, preserves, eggs
Business Hours: 9am-5:30pm
Deliveries: 2 miles.
Ffrwythau a llysiau, siop lysiau, cacennau, cyffeithiau, wyau
Oriau Busnes: 9am-5:30pm
Danfoniadau: 2 miles.

Scoff Em!

Contact Name: Madeline Roberts
202 Haven Drive, Hakin, Milford Haven, SA73 3HN
m 07585458896
e scoffemorders@hotmail.co.uk
f scoffem

Scoff Em!'s home-baked cakes are made to order, using quality ingredients, locally sourced where possible. Gluten-free products including Welsh cakes, cupcakes and celebration cakes are a speciality.
Business Hours: 10am-3pm Monday-Friday
Deliveries: Milford Haven (Hakin)- Haverfordwest
Main Supply Market: Spirit of Enterprise café, Castle Square market stall.
Oriau Busnes: 10am-3pm Dydd Llun-Dydd Gwener
Scoff Em!'s - yn gwneud cacennau cartref i archeb, gyda chynhwysion o safon uchel, wedi'u cael yn lleol lle bo modd. Yn arbenigo mewn nwyddau heb glewten yn cynnwys pice ar y maen, cacennau cwpan a chacennau dathlu.
Danfoniadau: Aberdaugleddau (Hakin)- Hwlffordd
Marchnad a Gyflenwir yn Bennaf: caffi Spirit of Enterprise, stondin farchnad Sgwâr y Castell.

Siwgr Eisin

Contact Name: Manon Rees
31 Spring Gardens, Narberth, Pembrokeshire, SA67 7BN
T 01834 861101
e siwgreisin@hotmail.com
w www.siwgreisin.co.uk
Homemade celebration cakes, cupcakes, desserts, afternoon tea cakes and buffets for all occasions. Stockist of confectionary supplies and cake decorating equipment, cake tin and stand hire and edible photo service. All dietary requirements catered for.
Business Hours: 9am-5pm Tues-Sat
10am-3pm Mon Sunday Closed
Deliveries: Pembrokeshire, Ceredigion and Carmarthenshire
Mail Order: Yes
Main Supply Market: Retail, wholesale, direct sale from shop and online shop.
Cacennau dathlu cartref, cacennau cwpan, pwdinau, cacennau te pnawn a bwyd bys a bawd ar gyfer pob achlysur. Stocwyr nwyddau melysion ac offer addurno cacennau, llogi tuniau ac ategion cacennau a gwasanaeth ffoto bwytadwy. Darparu ar gyfer pob angen dietegol.
Oriau Busnes: 9am-5pm dydd Mawrth i ddydd Sadwrn 10am-3pm Mon Dydd Sul – wedi cau
Danfoniadau: Sir Benfro, Ceredigion a Sir Gaerfyrddin
Archebu Trwy'r Post: Ie
Marchnad a Gyflenwir yn Bennaf: Manwerthu, cyfanwerthu, gwerthu'n uniongyrchol o'r siop a'r siop ar-lein.

St Davids Food & Wine Ltd

Contact Name: Mr Peter Harrison & Mrs Sian Walker
High Street, St Davids, Pembrokeshire, SA62 6SB
T 01437 721948
e info@stdavidsfood&wine.co.uk
w www.stdavidsfood&wine.co.uk
Delicatessen selling locally produced cheese, wine, olives, honey, preserves, oils and sauces, smoked salmon and trout. Highly commended retailer in the Welsh True Taste Awards 2005.
Business Hours: 8:30am – 5:30pm. High season 8:30am – 7:30pm
Deliveries: Local
Main Supply Market: Retail.
Siop ddanteithion yn gwerthu caws, gwin, olifau, mêl, cyffeithiau, olewau a sawsiau, eog a brithyll mwg wedi'u cynhyrchu'n lleol. Manwerthwr a gafodd gymeradwyaeth uchel yng Ngwobrau Gwir Flas Cymru 2005.
Oriau Busnes: 8:30am – 5:30pm. Tymor prysur 8:30am – 7:30pm
Danfoniadau: Lleol
Marchnad a Gyflenwir yn Bennaf: Manwerthu.

Templeton Direct

Contact Name: Tony & Shirley
Goose Green, Templeton, Pembrokeshire, SA67 8SD
T 01834 860992
F 01834 860561
e tonyandshirley@templetondirect.co.uk
w www.templetondirect.co.uk
Bespoke retail arm to Templeton Beer Wine & Spirit Co. Vast wine portfolio and range of speciality bottled beers, lagers and ciders delivered direct to your door.
Business Hours: 24 hrs 7 days
Deliveries: UK
E-Commerce Facilities: Yes
Main Supply Market: Home drinking connoisseur.
Cangen fanwerthu bwrpasol y Templeton Beer Wine a Spirit Co. Portffolio anferthol o winoedd ac amrywiaeth o gwrw, lager a seidr arbenigol mewn poteli – gyda danfoniadau yn syth at eich drws.
Oriau Busnes: 24 awr 7 diwrnod
Danfoniadau: DU
Cyfleusterau E-Fasnach: Oes
Marchnad a Gyflenwir yn Bennaf: Yr arbenigwr sy'n yfed gartref.

The Gourmet Pig

Contact Name: Ray and Jemma Lerwill
32 West Street, Fishguard, Pembrokeshire, SA65 9AD
T 01348 874404
e shop@gourmetpig.co.uk
w www.gourmetpig.co.uk
f Gourmetpig
t @gourmetpig
The Gourmet Pig creates a unique shopping experience, within a simple yet luxurious layout, we are a family-run business opened in 2011 and already nominated for 'Deli of the Year'. Proud promoters of local food, the ethos is to source locally first and as a result the majority of our cheeses, chutneys, fresh and cooked meats, seafood, pies, chutneys, honeys and jams and even beer are all produced within a few miles of the shop. We are passionate about our coffee and home-made savoury or sweet muffins and cakes, complemented by the new popular deli ciabatta lunch rolls, artisan pastries, quiches and tarts. Hand-picked hampers to order, and a boutique wall of wine.
Business Hours Office: 9:30am-5:30pm Monday – Friday 9:30am-4:30pm Saturday
Deliveries: Can be arranged. Mail Order: Yes
Main Supply Market: Public.
Mae'r Gourmet Pig yn creu profiad o siopa heb ei debyg, oddi mewn i gynllun syml ond moethus. Rydym yn fusnes teuluol a agorodd yn 2011 ac wedi ein henwebu eisoes ar gyfer 'Deli of the Year'. Rydym yn falch iawn o hyrwyddo bwyd lleol a'n hethos yw dod o hyd i fwyd lleol yn gyntaf ac o ganlyniad mae'r rhan fwyaf o'n cawsiau, siytni, cigoedd ffres ac wedi'u coginio, bwyd môr, pasteiod, mêl a jam a hyd yn oed ein cwrw, oll wedi eu cynhyrchu o fewn ychydig o filltiroedd i'r siop. Rydym yn angerddol ynglŷn â'n coffi a'n myffins sawrus neu felys a chacennau - ac yn ychwanegol at hyn oll ein rholiau ciabatta amser cinio poblogaidd o'r deli, nwyddau crwst o waith crefft, tartenni sawrus a melys. Gellir archebu basgedi bwyd wedi'u paratoi'n unigol ac mae wal 'boutique' o winoedd.
Oriau Busnes – Swyddfa: 9:30am – 5:30pm
Dydd Llun – Dydd Gwener. 9:30am – 4:30 pm Dydd Sadwrn
Danfoniadau: Modd trefnu. Archebu Trwy'r Post: Ie
Marchnad a Gyflenwir yn Bennaf: Y Cyhoedd.

Trafalgar Stores

Contact Name: Mr Darcy Price Trafalgar Road
Tenby, Pembrokeshire, SA70 7DN
T 01834 842555
Convenience store selling a variety of locally produced cheeses, locally baked bread, cakes and savoury items. Home produced pork products, locally produced seasonal fruit and vegetables, and bedding plants. Daily deliveries locally.
Business Hours: 8.30am-10pm daily. Closed Christmas Day
Deliveries: Tenby and Penally
Main Supply Market: Store and deliveries.
Siop gyfleus sy'n gwerthu amrediad o gawsiau lleol, bara, cacennau ac eitemau sawrus a bobir yn lleol. Cynnyrch porc lleol, ffrwythau a llysiau tymhorol lleol, a phlanhigion ar gyfer gwelyau blodau. Dosberthir bob dydd yn lleol.
Oriau Busnes: 8.30am-10pm bob dydd. Ar gau Dydd Nadolig
Danfoniadau: Dinbych-y-pysgod a Phenalun
Marchnadoedd a Gyflenwir yn Bennaf: Storfeydd a dosbarthu.

Trevayne Farm Caravan and Camping Park

Contact Name: Richard Reed
Trevayne Farm, Monkstone, Saundersfoot, Pembrokeshire, SA69 9DL
T 01834 813402
e info@camping-pembrokeshire.co.uk info@trevaynefarm.co.uk
w www.camping-pembrokeshire.co.uk www.trevaynefarm.co.uk
Caravan and camping park with a small local shop selling local produce.
Business Hours: Mon-Fri 9am-5pm (in season)
Main Supply Market: Direct Sales.
Parc carafanau a gwersylla gyda siop fach leol sy'n gwerthu cynhyrchion lleol.
Oriau Busnes: Dydd Llun - Dydd Gwener 9am-5pm (yn ystod y tymor)
Marchnad a Gyflenwir yn Bennaf: Gwerthu uniongyrchol.

Ultracomida

Contact Name: Paul Grimwood and Shumana Palit
7 High Street, Narberth, Pembrokeshire SA67 7AR
T 01834 861491
Artisan cheeses from Wales, France and Spain. Various deli products from Wales and Spain including oils, preserves, Welsh beers, wines and charcuterie. True Taste Gold Retail Award Winner 2005/06.
Business Hours: 10am-6pm Deli 10am-4.30pm Restaurant
Main Supply Market: Retail and wholesale to caterers.
Cawsiau crefft o Gymru, Ffrainc a Sbaen. Amrywiaeth o ddanteithion yn cynnwys olewau, cyffeithiau, cwrw o Gymru, gwinoedd a chynhyrchion cig parod. Enillydd Aur Manwerthu Gwir Flas 2005/06.
Oriau Busnes: 10am-6pm Siop ddanteithion 10am- 4.30pm Bwyty
Marchnad a Gyflenwir yn Bennaf: Manwerthu a chyfanwerthu i arlwywyr.

Wholefoods of Newport

Contact Name: Clare Thomas or Dori Perrett
Yr Hen Bopty, East Street, Newport SA42 0SY
T 01239 820773
m 07928574634
e wholefoodsofnewport@outlook.com
w www.wholefoodsofnewport.co.uk
f Wholefoodsofnewport
t Wholefoodsofnewport
A wholefood shop selling vegetarian and organic produce. Also local cheeses and welsh produced meats and fish. We provide take away foods for lunchs. Also gifts and books.
Business Hours: 8.30am- 5.30pm Monday to Saturday
Main Supply Market: Locals, Tourists.
Siop bwydydd cyflawn yn gwerthu cynhyrchion llysieuol ac organig. Hefyd, cawsiau lleol a chigoedd a physgod o Gymru. Rydym yn darparu bwydydd i'w cludo ar gyfer ciniawau. Hefyd, anrhegion a llyfrau.
Oriau Busnes: 8.30am- 5.30pm Dydd Llun I Ddydd Sadwrn
Marchnad a Gyflenwir yn Bennaf: Pobl leol ac ymwelwyr.

Wisebuys Ltd

Contact Name: Anthony Ryan
18 High Street, Narberth, SA67 7AR
T 01834 861880
F 01834 861519
e info@wisebuys-wales.co.uk
w www.wisebuys-wales.co.uk
High class fruit, vegetables, delicatessen. We supply retail and wholesale and also stock a large range of speciality foods. We also supply speciality hampers for all occasions.
Business Hours: 8am–6pm
Deliveries: Narberth, Tenby areas
Mail Order: Yes.
Ffrwythau, llysiau, danteithion tramor o'r radd flaenaf. Rydym yn cyflenwi ar gyfer manwerthu a chyfanwerthu ac yn cadw amrywiaeth fawr o fwydydd arbenigol. Rydym hefyd yn darparu basgedi bwyd arbenigol ar gyfer pob achlysur.
Oriau Busnes: 8am–6pm
Danfoniadau: Ardaloedd Arberth a Dinbych-y-pysgod
Archebu Trwy'r Post: Ie.

Wendy Brandon Handmade Preserves

Contact Name: Wendy or Ian Brandon
Felin Wen, Boncath, Pembrokeshire SA37 0JR
T 01239 841568
F 01239 841746
e wendy@wendybrandon.co.uk
w www.wendybrandon.co.uk
f Wendy Brandon Preserves

At Felin Wen our team of three makes a range of nearly two hundred jams, jellies, marmalades etc- all made by hand and using fresh fruit and vegetables. We send top shops, hotels and resturants as far away as Japan and have a mail order service. Visitors can see the kitchen at work and taste the preserves.
Business Hours: 9am-5pm Weekdays. Weekends/Bank Holidays by appointment
Deliveries: Worldwide
Mail Order: Yes
Main Supply Market: Shops, hotels, restaurants, mail order.

Yn y Felin Wen mae ein tîm o dri yn gwneud amrywiaeth o bron i ddau gant o jamiau, jelis, marmalêd ac ati – pob un o waith llaw gyda ffrwythau a llysiau ffres. Rydym yn anfon at brif siopau, gwestai a bwytai cyn belled â Japan ac mae gennym wasanaeth archebu drwy'r post. Gall ymwelwyr ein gwylio'n gweithio yn y gegin a phrofi'r cyffeithiau.
Oriau Busnes: 9am-5pm dyddiau'r wythnos. Penwythnosau a Gwyliau Banc trwy apwyntiad
Danfoniadau: Ledled y byd
Archebu Trwy'r Post: Ie
Marchnad a Gyflenwir yn Bennaf: Siopau, Gwestai, Bwytai, Archebu Trwy'r Post.

Yerbeston Gate Farmshop

Contact Name: Andrew Eastwood
Yerbeston Gate Farm, Yerbeston, Cresselly,
Pembrokeshire SA68 0NS
T 01834 891637
m 07773508032
e info@farmshopfood.co.uk
w www.farmshopfood.co.uk
f farmshopfood
t farmshopfood

Home reared and locally produced Pork, Lamb and Welsh Black Beef, which we use in our homemade sausages, burgers. Homemade Pies, Pasties, Oggies, Sausage Rolls and Pork Pies to die for. Home cooked meats and other savouries available for local and national delivery.
Mail Order: Yes. Business Hours: 9am-6pm Tuesday to Saturday
Deliveries: National
Main Supply Market: Currently supply a number of local delicatessens, tourist attractions, restaurants, cafés and bed and breakfasts.

Porc, cig oen a chig eidion gwartheg duon Cymreig wedi'u cynhyrchu'n lleol, ac y byddwn yn eu defnyddio i wneud ein selsig a byrgyrs cartref, pasteiod a phastenni cartref, 'ogis', rholiau selsig a phasteiod porc hollol fendigedig. Cigoedd wedi'u coginio gartref a bwydydd sawrus eraill ar gael i'w danfon yn lleol a thrwy'r wlad.
Archebu Trwy'r Post: Ie. Oriau Busnes: 9am-6pm Dydd Mawrth i Ddydd Sadwrn. Danfoniadau: Trwy'r wlad
Marchnad a Gyflenwir yn Bennaf: Cyflenwi ar hyn o bryd i nifer o siopau danteithion lleol, atyniadau ymwelwyr, bwytai, caffis a gwestai gwely a brecwast.