

St Davids Food and Wine

David and Maura Kempster

High Street

St Davids

Pembrokeshire

SA62 6SB

Tel: 01437 721948

Email: info@stdavidsfoodandwine.co.uk

Website: stdavidsfoodandwine.co.uk

Facebook: [saint davids food and wine](#)

Twitter: @SDFnW

Description: St Davids Food and Wine is in the heart of St Davids providing its visitors with a cornucopia of excellent food and drink. Our focus is very much on Pembrokeshire produce from Pant Mawr Cheeses to St Davids handmade chutneys and jams to name but two. We also focus on produce from all over Wales such as delicious smoked chicken and duck from the Black Mountains Smokery and whisky from Penderyn. We have a large selection of wines and spirits to suit every budget and an excellent selection of local beers and ciders. Our renowned baguettes and sandwiches are a mouth-watering delight, filled to order by our wonderful delicatessen staff. If you're looking for great quality food and drink, then look no further. Our delicatessen is bursting with award winning Welsh Charcuterie, handmade scotch eggs, pies and pasties to suit every palette. Our cheese counter is unsurpassed with a vast array of Welsh cheeses cut to order plus a variety of cheeses from outside Wales and don't forget to get the very best crackers and biscuits to accompany it all. We have so much more inside so do drop in for a friendly welcome.

Directions: Situated on the High Street in St Davids opposite the Cwtch Restaurant Grid Ref: SM 75480 25291

Bus services - Puffin Shuttle (400), Strumble Shuttle (404),
From Haverfordwest (411), From Fishguard (413)

Opening times: 9am – 5 pm Monday to Saturday most of the year

8.30am – 5.30pm Monday to Saturday, 10am – 5pm Sunday (Summer school holidays)

Some Sunday opening during the year 2016 10am-5pm (14th February, 27th March, 3rd April, 29th May, 23rd October)

Facilities: Outdoor seating, hampers made to order, picnics and sandwich orders made up (delivery options available)

Nantwen Chocolate

Jemma and Daniel Slade-Davies

Nantwen

Nr Newport

Pembrokeshire

SA41 3XG

Tel: 01239 821139

Email: info@nantwen.co.uk

Website: nantwen.co.uk

Facebook: [Nantwen](#)

Twitter: nantwen

Description: Nantwen is a chocolate-making hubbub hidden away down a hobbly lane in beautiful Pembrokeshire in the deepest depths of Wales.

Our delicious chocolate journey started off as lovely little treats for our cottage guests, but soon made its way to local farmers' markets, gourmet delis and whole food shops.

Our chocolate is made from 100% Raw Cacao

Many of our flavours are inspired by the colourful hedgerows at Nantwen - Raspberry, Hazelnut, and Fig (we have a very fruity tree in our garden). Peanut Butter and Ginger unfortunately do not grow in the gardens at Nantwen, but they are just so tasty when combined with our sumptuous chocolate, that we added them to our collection. Visiting is by appointment only.

Directions: By Appointment

Opening times: By Appointment

Facilities: Shop by Appointment only

Gwaun Valley Meats

William Evans

3 St Davids Road

Letterston

Pembrokeshire

SA65 9SD

Tel: 01348 840838

Email: gwaunmeats@yahoo.co.uk

Website: gwaunvalleymeats.co.uk

Facebook: Gwaun Valley Meats

Description: Award-winning family-run butchers shop, selling our own sausages, faggots, own-cured bacon, gammon, a selection of cooked meats and smoked produce. Selling high quality locally sourced meat, we are currently the sole suppliers of Pembrokeshire Heathland Beef. The shop also stocks a selection of local produce, bread, cakes, cheese, pies, milk, jam, chutneys and honey.

Pig Roast and BBQ service with over 15 years experience.

Directions: Letterston: A40 Haverfordwest to Fishguard Road, at Letterston Square turn into St Davids Road and shop is immediately on the left hand side.

Opening times: 8.00am – 5.30pm Monday – Friday; 9.00am – 3.00pm Saturday.

The Ark – Health Foods, Health Clinic, Home Brew

Lise Matthews

11 Quay Street

Haverfordwest

Pembrokeshire

SA61 1BG

Tel: 01437 767499

Email: info@thearkhaverfordwest.co.uk

Website: thearkhaverfordwest.co.uk

Facebook: [The Ark Haverfordwest](#)

Twitter: @TheArkPembs

Instagram: @TheArkHaverfordwest

Description: We are passionate about healthy living and healthy eating, and sell natural, mouth-watering foods – vegetarian and vegan, natural cleaning produces including refill service, nutritional supplements, herbs and teas, bath and beauty items, home brew supplies plus much much more!

Walk into our shop in Haverfordwest and we'll talk to you about which natural remedies and diet would be best for you, inspire you to experiment with new ingredients and give advice on home brewing. We also have our Natural Healing Clinic above our shop where people come from far to enjoy and benefit from treatment for their health and well-being.

Directions: Road opposite Castle Square in Haverfordwest. Parking in the street 1 hour and 2 hour spaces.

Opening times: Shop and clinic: Monday – Friday 9.00am – 5.30pm; Saturday 9.00am – 5.00pm.

Brooksgrove Farm

Gary Rees

Brooksgrove Farm

Brooksgrove Lane

Haverfordwest
Pembrokeshire
SA61 1XR
Mobile: 07854212945
Email: enquiries@brooksgrove.co.uk
Website: brooksgrove.co.uk
Facebook: Brooksgrove Farm
Twitter: BrooksgroveFarm

Description: Brooksgrove Farm is a small family-run farm situated just outside Haverfordwest and less than 5 miles from the beautiful Pembrokeshire coastline in West Wales.

We grow a range of seasonal produce, including strawberries, raspberries, gooseberries, pumpkins and daffodils.

The farm is open to the public for Pick Your Own when in season and we also have a very popular Pumpkin Patch for Halloween.

New for 2016, our beautiful Pembrokeshire daffodils are now available to buy on-line. They are handpicked to order and sent fresh from the field in our gift packaging to a recipient of your choice.

To place an order for flowers or to find out what's happening on the farm – as well as opening times, please visit our website. You can also follow us on social media.

Directions: Take the B4327 Dale road from Haverfordwest. Pass Haverfordwest Cricket Club and take a left at the crossroads. Take the next right and then right again down the lane to the farm.

Opening times: Seasonal. Please check website

Facilities: Parking on site – poor surface

The Griffin Inn

Sian Mathias and Simon Vickers

Dale

Haverfordwest

Pembrokeshire

SA62 3RB

Tel: 01646 636227

Mob: 07765258996

Email: info@griffininndale.co.uk

Website: griffininndale.co.uk

Twitter: @GriffinInnDale

Description: After five years of hard work, Sian and Simon have revitalised the Griffin into an Award-winning pub. With roaring log fires in the winter and eating out on the alfresco terrace in the summer enjoying the spectacular sea view whilst watching a selection of fresh seafood en route from the Haven straight to your plate a few hours later – there is quite simply no better place to enjoy your locally caught seafood!

Creating a family friendly welcome retreat for all who enjoy good conversation, food and drink. The deliberately informal atmosphere and fabulous friendly service only add to it, offering a memorable eating experience, that has won the Griffin a silver award in the National Tourism Awards for Wales in 2015 and are currently finalists at the Food Awards Wales 2016.

Much of the **fresh local seafood**, is caught in the Haven by the Griffin's local fisherman, Mark, in the Griffin's very own fishing boat, "Griffin Girl". Other local fishermen & suppliers supplement this making for a bursting seafood specials board to suit all. The Griffin offers a vast range of simple fresh seafood dishes from mackerel to turbot, razor clams to scallops, crab to lobster or other treasures the sea throws at us.

Directions: Take the B4327 (Dale Road) from Haverfordwest. Dale has a one-way system, once in the village, The Griffin Inn is situated on the seafront corner. There is a public car park as you drive into Dale on your right.

Opening times: Open Daily from March – November 12 noon – 11.00pm. Kitchen open times 12 noon – 2.30pm and 6.00pm – 8.30pm

Caffle Brewery

Sharon Bannister
The Old School
Llawhaden
Narberth
Pembrokeshire
SA67 8DS

Tel: 01437 541502

Email: contact@cafflebrewery.co.uk

Website: cafflebrewery.co.uk

Facebook: [cafflebrewery](https://www.facebook.com/cafflebrewery)

Twitter: [@cafflebrewery](https://twitter.com/cafflebrewery)

Description: Caffle Brewery is a 4-barrel microbrewery producing cask and bottled real ales. Establishments in 2013 by Chris and Sharon Bannister; the name of the brewery and our ales are inspired by the local Pembrokeshire dialect.

Directions: Landranger 158 GR 061178. A40 Canaston Bridge, Llawhaden exit, T-junction in upper village, left, follow road signposted Gelli, Caffle Brewery half mile on this road, on right hand side.

Opening times: No set opening times, ring before journey. Brewery tours and tastings by arrangement.

Facilities: Off road parking, level access into brewery (2 steps down to toilet), licensed for off sales, regular evening events posted on Facebook.

Fire and Ice

Lynne Baylis
66 St James Street
Narberth
Pembrokeshire
SA67 7DB

Tel: 01834 861995

Email: info@fireandicewales.co.uk

Website: fireandicewales.co.uk

Facebook: [fireandicenarberth](https://www.facebook.com/fireandicenarberth)

Twitter: [@sorbetnarberth](https://twitter.com/sorbetnarberth)

Description: Great Taste Award Winning Gelato and Sorbet. Our smooth fruit sorbets and cocktail sorbets (over 18's only) are hand crafted on the premises. Our gelato is blended with local organic whole milk and organic double cream. Our flavours changing daily and with the seasons. We also introduce new flavours throughout the year. Early 2016 we will launching our Dark Colombian Chocolate Sorbet and Salted Caramel Gelato. Visit our website or facebook page for information on new flavour launches throughout the year.

We stock over 50 varieties of bottled cider including our own Fire and Ice Blend made from a mix of cider and dessert apples, which are pressed and fermented in Pembrokeshire.

Draught cider is available in 2 pint container or 4 pint flagon, choose from a fruity medium to a vintage dry.

Our expanding range of Welsh craft ales now includes the UK supreme champion from Tiny Rebel Brewery, Newport. Local ales from Tenby, Cardigan, Carmarthen, plus other award winners from North, South and Mid Wales.

We stock a range of welsh spirits and liqueurs including Da Mhile Seaweed, Botanical and Sloe Gin's. Penderyn Distillery Whisky, Gin and Vodka.

Treat yourself to a luxury bar of chocolate hand-made in Wales from NomNom's or delicious truffles from Chocolate Fusion.

Directions: Find us at the lower end of St James Street. From the main car park, walk to the bottom of High Street past Andrew Rees Butchers around the corner and find us opposite Plum Vanilla Cafe.

Opening times: Monday to Saturday 11.00am – 5.00pm, closed on Sundays.

Facilities: Call in for tasters of our gelato and sorbet. Take home tubs available. Samples of draught cider and spirits available throughout the year. Credit Cards and Debit Cards accepted.

A.J. Rees and Son's Ltd

Kathrin Williams

29 High Street

Narberth

Pembrokeshire

SA67 7AR

Catering Unit –

Units 3-5 West Wales Business Park Redstone Road Narberth

Tel: 01834 860470

Email: admin@andrewreesbutchers.co.uk

Website: andrewreesbutchers.co.uk

Facebook: [Andrew Rees Butchers Narberth](#)

Description: Andrew Rees and Sons Ltd is an award-winning quality retail and catering butchers based in Narberth, Pembrokeshire. We specialise in supplying fresh, locally sourced meat to the local community and to over 300 businesses (Restaurants, Hotels, Guest Houses, Pubs, Schools and Leisure Resorts) across Pembrokeshire and Carmarthenshire.

Directions: [SA67](#) 7AR

Opening Times: Monday – Saturday 8:00am – 5:00pm.

Cwm Deri Vineyard and Estate

Mike Caine or Daniel Mattivi

Cwm Deri Estate

Martletwy

Narberth

Pembrokeshire

SA67 8AP

Tel: 01834 891274

Email: admin@cwm-deri.co.uk

Website: cwm-deri.co.uk

Facebook: cwmderi

Twitter #cwmderi

Description: Try our delightful range of country wines, liqueurs, and non-alcoholic drinks made here at the Cwm Deri Vineyard. Enjoy the flavours picked from the Pembrokeshire hedgerows, trees, and or course vines, as you sit and perhaps watch a bottling session, or simply take in the breathtaking views over our Estate and beyond to the National Park whilst dining in our stunning conservatory restaurant.

Sunday lunch, relaxed evening dining, home-made cakes, coffee, teas, lunches and fine locally produced foods, plus our wines and collection of animals on the 25-acre estate are sure to please. Free-range eggs, plants and vegetables are available according to season. On-line wine sales and mail order sales welcomed.

Directions: Cwm Deri Estate – Follow the brown tourist signs from Oakwood Leisure Park on the A4075, between the A40 and Pembroke Dock. Tenby Shop – Head for the famous Tenby “5” Arches and go through them to enter the old town. Take the first left into Upper Frog Street and we are the third shop on the left.

Opening times: Open Monday to Saturday 11.00am – 5.00pm, Sunday 12 noon – 5.00pm. Restaurant open for lunch daily between 12 noon – 2.00pm. Restaurant reservation essential for Sunday lunch and Friday/Saturday evening meals. Please note that during the months of November – February, the above opening times may vary slightly, so please call us in advance before travelling.

Facilities: Car park, Tearoom, Shop, Restaurant, Vineyard Walk, Animal Corner, Caravan Club Site, Toilets, Disabled Toilet and Access.

Pembrokeshire Mencap Ltd

Debbie Drewett

Stackpole Walled Gardens

Stackpole Estate

Pembroke

Pembrokeshire

SA71 5DJ

Tel: 01646 661442

Email: info@stackpole-walledgardens.co.uk

Website: stackpole-walledgardens.co.uk

Facebook: Stackpole Walled Gardens

Twitter: @DebbieDrewett1

Description: The six-acre walled gardens on the Stackpole Estate was created around 1770 by Sir John Campbell (Lord Cawdor) to provide fruit, vegetables and flowers for the now demolished Stackpole Court.

The gardens have been leased from the National Trust since 1987 by Pembrokeshire Mencap Ltd to provide horticultural work experience and training to local adults with learning disabilities.

The freshest home-grown fruit and vegetables in season are available to buy in our garden shop and wherever possible are used in the delicious selection of light bites available in Cawdors, our straw bale built tea room.

Opening times: Monday 7 March to Sunday 2 October Cafe and Gardens open 10am to 5pm.

Monday 3 October to Sunday 30 October Cafe and Gardens open 10am to 4pm.

Monday 31 October to Wednesday 21 December Garden open 10am to 3.30pm

Thursday 22 December to Wednesday 4 January 2017 Closed.

Facilities: Tea room, shop, conveniences

The Pembrokeshire Beach Food Company / Café Môr

Jonathan Williams

Freshwater West Beach

Latitude: 51.655089

Longitude: -5.058196

Tel: 01646 278101

Mobile: 07919 192771

Email: mail@beachfood.co.uk

Website: beachfood.co.uk

Facebook: The Pembrokeshire Beach Food Company

Twitter: @Beach_Food

Description: Winner of 'Best Street Food in the UK' at the BBC Food and Farming awards and one of the first mobile catering units to run on solar and wind energy in the UK.

Café Môr from The Pembrokeshire Beach Food Company will be situated at Freshwater West again this year serving up their famous lobster rolls, beach burgers and other sea inspired favourites. People travel for miles to sample the locally sea foraged cuisine at one of the most breath taking beaches in Wales.

Directions: From Pembroke follow signs for Castlemartin village, once there, follow the road signposted for Freshwater West.

Opening times: 10am – 5pm

Cwm Deri Vineyard Shop – Tenby

Sue Lordan or Barbara Manning

2 Bath Cottage

Upper Frog Street

Tenby

Pembrokeshire

SA70 7JD

Tel: 01834 842999

Email: admin@cwm-deri.co.uk

Website: cwm-deri.co.uk

Facebook: cwmderi

Twitter: #cwmderi

Description: A Welsh food-lover's paradise. Hundreds of items of local Welsh food, drink and craft. Sit and enjoy a wine and liqueur tasting. Enjoy choosing from our great selection of beers, ciders, cakes, biscuits, teas, preserves, honey, chocolate, cheese, sauces, relishes, laverbread (seaweed) products etc. We stock slate, aprons, tea-towels, mugs, wood and ceramic crafts too, all hand-made locally. Our knowledgeable staff will help put your gift hamper selections together and can even arrange home delivery of your shopping for you if required.

Directions: Come through the 5 Arches and walk 50 yards to the crossroads. Turn left onto Upper Frog Street and we are the third shop on the left.

Opening times: January - March Thursday to Sunday 10.00am – 5.00pm (open all week either side of Easter if this falls in March).

April – December 7 days a week. Opening between 9.30am and 10.00am and closing between 5.00pm and 6.00pm, except for 6 peak weeks mid July – end August, when open later.

Facilities: Level access from pavement. Retail shop with credit card facilities.

Cwrtau Bach Deli Foods Company

Pam Gresty

Cwrtau Bach

Cefnypant

Whitland

SA34 0TR

Tel: 01994 419086

Mob: 078063288

Email: info@cwrtaubach.co.uk

Website: www.cwrtaubach.co.uk

Facebook: CwrtauBachDeliFoodsCompany

Twitter: @cwrtaubachdeli

Description: A taste of the world, made in Wales. We create award-winning fresh and preserved foods inspired by flavours of the world, such as Mediterranean tapenades and pestos, Mexican salsas, fresh dips and unusual chutneys and pickles. In the spring and summer, we offer a range of vegetarian and vegan fresh salads and other ready meals at markets and festivals. Our veggie range can be specially ordered year round.

Facilities: Delivery upon request.

Pennsylvania Farm Free Range Eggs

Euros and Vanessa Havard-Evans

Pennsylvania Farm

Crundale

Haverfordwest

Pembrokeshire

SA62 4DF

Tel: 01437 762176

Mobile: 07926269691

Email: penn_farm@yahoo.co.uk

Description: Producers and suppliers of award-winning free-range eggs from hens and ducks, packed and sold to local businesses.

“Happy Hens are Free-Range Hens: The Quality is in the Taste”.

Deliveries – Pembrokeshire and South Cardiganshire. Main supply market-retail and wholesale, also

Haverfordwest Farmers Market and the catering trade.
Opening times: 9.00am – 5.00pm Monday - Saturday.

Fourcroft Hotel
Chris and Kath Osborne
North Beach
Tenby
Pembrokeshire
SA70 8AP

Tel: 01834 842886
Email: staying@fourcroft-hotel.co.uk
Website: Fourcroft-Hotel.co.uk
Facebook: Fourcroft Hotel
Twitter: @fourcroft

Description: Free WIFI from the highest third floor room all the way to the golden sands of Tenby's North beach. The most iconic scene of Pembrokeshire is #ourview.

Only a short walk from the bustle of Tenby town centre. We offer third a generation experience coupled with that unbeatable view over the old fishing harbour.

Providing a year round culinary experience, from locally sourced produce, with our seasonal a la carte menus, bar meals, monthly jazz brunches, bi-monthly pre-film suppers. or any celebration of your choice. Whether you choose to dine in our restaurant, lounge, bar or enjoy the al fresco experience in our cliff top gardens or poolside sun terrace, we will cater to your every need.

From an intimate table of 2 to a celebration for 100. We have the right space, right menu and Tenby's warmest welcome just for you.

Directions: Overlooking the Tenby's North Beach, five minutes' walk from the medieval walled town centre. Bus services - 349, 351, 352, 360, 361, 381.

Opening times: Every day.

Facilities: Licensed restaurant and bar. Children's menu. Swimming pool and leisure centre. Bar meals in our bar, sea view lounges and restaurant, gardens overlooking the sea or poolside, soaking up the sun.

Mrs Will the Fish

Jan Phillips

Parc Benny

Panteg Road

Solva

Pembrokeshire

SA62 6TN

Tel: 01437 721571

Email: MrsWilltheFish@solva.co.uk

Website: mrs-will-the-fish.business.site

Facebook: www.facebook.com/MrsWillTheFish/

Twitter: @MrsWilltheFish

Instagram: @mrswillthefish

Description: Mrs Will the Fish is only a takeaway – but what a take away! You'd be lucky to find such beautifully presented, fresh crab and lobster in even the most prestigious restaurants.

I prepare locally caught lobsters, crabs and spider crabs and sell direct from my bungalow, Parc Benny. Will the Fish and I have had this business for many years. Dressed local crab and lobster and seafood platters are my speciality.

Crabs and lobsters are delivered live each morning, and I then sell the dressed crabs, lobsters, and seafood platters, under the new name of Mrs Will the Fish.

You can see the many 5* reviews on Trip Advisor. And for more reviews, menus, prices and other information, see Mrs Will The Fish's FaceBook page.

Directions: On the A487 Haverfordwest to St Davids Road, Parc Benny is on the left hand side, up the hill opposite the Memorial Hall in Upper Solva, where all the local buses stop. Look for the Mrs Will the Fish signs!

Opening times: Monday – Saturday 10am to 6.30pm; Sunday 1pm – 6.30pm

Facilities: On road parking, Card payment accepted