

## Local Beer

All of our ales are brewed by us, at the back of our sister pub, just above Tenby Harbour.

# SAUNDERSFOOT HARBWR BAR & KITCHEN

## Live music

Every Saturday from 9pm  
Join us and dance the night away with local live bands

## Starters & Sharers

|   |      |   |      |
|---|------|---|------|
| <b>Bread &amp; Olives (ve) (gfa)</b><br>Rustic bread, olives with oil & balsamic        | 7.00 | <b>Breaded Brie (v)</b><br>Panko breaded brie with onion chutney, side salad      | 7.50 |
| <b>Halloumi Fries (v)</b><br>Deep fried halloumi with chilli jam                        | 7.50 | <b>HARBWR Taco</b><br>Please ask your server for today's taco filling             | 6.00 |
| <b>Chilli &amp; Lime Tiger Prawns (gfa)</b><br>Served with salad and rustic bread       | 9.50 | <b>Classic Caesar Salad</b><br>Mixed leaf, crouton, parmesan in a ceasar dressing | 6.50 |
| <b>Salt &amp; Pepper Squid</b><br>Lightly coated squid with sweet chilli mayo and salad | 7.50 | <b>Soup of the Day (v) (gfa)</b><br>Served With rustic bread                      | 6.50 |
| <b>Smoked Mackerel Pate (gfa)</b><br>Served with rustic bread & butter and salad        | 7.50 | <b>Spiced Sweetcorn Fritters (ve)</b><br>Served with tomato chutney & side salad  | 7.00 |

## Steaks & Grill

|   |       |
|---|-------|
| <b>283g Local Welsh Ribeye</b> , with seasoned rustic chips, grilled tomato & mushroom (gfa)                | 26.00 |
| <b>226g Welsh Rump</b> , with seasoned rustic chips, grilled tomato & mushroom (gfa)                        | 19.50 |
| <b>283g Gammon Steak</b> , with seasoned rustic chips, eggs, pineapple or both (add £1) and salad (gfa)     | 16.50 |
| <i>Combo Your Steak... Add ½ Rack Ribs 6.00 / Chicken Breast 5.00 / Both 10.00</i>                          |       |
| <b>Chicken Breast</b> , with seasoned rustic chips, salad & coleslaw – Choice of Cajun / BBQ / Jerk (gfa)   | 15.00 |
| <b>Chicken &amp; Rib Combo</b> , Choice of chicken breast, half rack ribs, seasoned rustic chips & coleslaw | 22.00 |
| <b>BBQ Pork Ribs</b> , Slow cooked in our BBQ sauce with seasoned rustic chips & coleslaw                   | 21.00 |

## Sides...

*Sauces All 3.00 - Peppercorn Sauce / Blue Cheese / Chikki Churri*

*Onion Rings 3.00, Side Salad 3.00, Coleslaw 2.50, Garlic Bread 4.00, Cheesy Garlic Bread 5.00*

## Classics

|  |       |
|--|-------|
| <b>HARBWR Beer Battered Cod</b><br>Finest Cod fillet with rustic chips, peas, tartar sauce     | 15.00 |
| <b>Breaded Wholetail Scampi</b><br>Finest whole scampi with chips, salad garnish, tartar sauce | 14.50 |
| <b>Steak &amp; HARBWR Ale Pie</b><br>Homemade pie with puff pastry, rustic chips, peas         | 15.50 |
| <b>Chilli Con Carne (gf)</b><br>Homemade beef chilli with rice, salad & tortilla chips         | 14.50 |

## Burgers

All served in a soft brioche bun with seasoned chips

|  |       |
|--|-------|
| <b>The HARBWR Signature Burger</b><br>Double stacked 100g steak burger, cheeses, gherkin & house sauce | 15.00 |
| <b>Grilled Chicken Burger (gfa)</b><br>Choice of Grilled / Cajun / BBQ / Jerk                          | 15.00 |
| <b>The HARBWR Hake Burger (gfa)</b><br>Fillet of fresh Hake with samphire & seaweed butter             | 19.00 |
| <b>Spinach &amp; Broadbean Burger (v) (gfa)</b>  | 14.00 |

## Fresh Fish

Our offering depends on what's available and fresh. With a selection of fresh filleted fish and chef's specials there's something for everyone.

See our specials or ask a member of staff for what's available today.

## Vegan & Vegetarian

|  |       |
|--|-------|
| <b>Vegetable Tikka Masala (v) (gfa)</b><br>Served with rice & mini naan                | 14.50 |
| <b>Three Bean Smokey Chilli (ve) (gfa)</b><br>With rice, salad & tortilla chips        | 14.50 |
| <b>Butternut Squash Tagine (ve) (gf)</b><br>Served with rice & salad                   | 14.50 |
| <b>Vegetable Lasagna (v)</b><br>Served with chips, salad and garlic bread              | 14.50 |
| <b>Chef's Mushroom Stroganoff (v) (gf)</b><br>Classic stroganoff served with wild rice | 14.50 |
| <b>Leek &amp; Mushroom Pie (v)</b><br>Served with chips and garden peas                | 14.50 |

PLEASE LET US KNOW IF YOU HAVE ANY ALLERGIES OR DIETRY REQUIREMENTS BEFORE ORDERING YOUR MEAL.  
(GF) – GLUTEN FREE FRIENDLY – (GFA) – GLUTEN FREE FRIENDLY OPTION AVAILABLE – (V) – VEGETARIAN FRIENDLY – (VE) – VEGAN FRIENDLY  
ALTHOUGH WE STRIVE TO KEEP OUR FRIERS SEPARATE FOR (GF) WE CANNOT GUARANTEE 100% TRACE FREE OF GLUTEN ON ITEMS COOKED IN OUR FRIERS.  
WE USE 100% RAPESEED OIL IN OUR FRIERS.

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## Light Bites

### Salads

|   |              |
|---|--------------|
| <b>Ploughman's Lunch (v)</b> Available 12 - 5pm<br>Mature cheddar or ham, pickles, house salad & rustic bread             | <b>12.50</b> |
| <b>Prawn Salad (gfa)</b><br>Juicy prawns generously coated in our own Marie Rose sauce, house salad and rustic bread, .   | <b>14.50</b> |
| <b>Classic Caesar Salad</b><br>Mixed leaf, croutons and parmesan dressed in a classic ceasar dressing (add chicken £5.00) | <b>12.50</b> |

### Jacket Potatoes

Available 12 - 5pm.  
All served with salad garnish

|                                       |             |
|---------------------------------------|-------------|
| <b>Cheese and/or Beans (v) (gf)</b>   | <b>7.50</b> |
| <b>Tuna Mayo &amp; Cucumber (gf)</b>  | <b>8.00</b> |
| <b>Prawns in Marie Rose (gf)</b>      | <b>9.00</b> |
| <b>Three Bean Smokey Chilli (gf)</b>  | <b>9.00</b> |
| <b>Homemade Chilli Con Carne (gf)</b> | <b>9.00</b> |

### Sides

|                                  |             |
|----------------------------------|-------------|
| <b>Rustic Bread &amp; Butter</b> | <b>2.50</b> |
| <b>Chips (gfa)</b>               | <b>3.00</b> |
| <b>Cheesy Chips (gfa)</b>        | <b>4.00</b> |
| <b>Sweet Potato Fries (gfa)</b>  | <b>4.00</b> |
| <b>Mac &amp; Cheese</b>          | <b>5.00</b> |
| <b>Garlic Bread</b>              | <b>3.50</b> |
| <b>Cheesy Garlic Bread</b>       | <b>4.50</b> |
| <b>Onion Rings</b>               | <b>3.00</b> |
| <b>Side Salad (gf)</b>           | <b>3.00</b> |
| <b>Coleslaw (gf)</b>             | <b>2.50</b> |

### Children's Menu

|   |             |
|---|-------------|
| <b>Local Sausages &amp; Chips</b>         | <b>6.50</b> |
| <b>Cod Goujons &amp; Chips</b>            | <b>7.50</b> |
| <b>Chicken Nuggets &amp; Chips</b>        | <b>6.50</b> |
| <b>Beef Burger &amp; Chips</b>            | <b>6.50</b> |
| Add peas or beans for 50p                 |             |
| <b>Mac &amp; Cheese with Garlic Bread</b> | <b>7.00</b> |
| <b>Kids Ice Cream</b>                     | <b>3.00</b> |
| Served with a choice of sauce             |             |

### Sharing is Caring...

|                                |             |
|--------------------------------|-------------|
| <b>Bread &amp; Olives</b>      | <b>6.50</b> |
| <b>Halloumi Fries</b>          | <b>7.50</b> |
| <b>Tiger Prawns</b>            | <b>9.50</b> |
| <b>Salt &amp; Pepper Squid</b> | <b>7.50</b> |
| <b>Breaded Brie</b>            | <b>7.50</b> |

### Sandwiches

Available 12 - 5pm.

All served on rustic white or malted bread (gfa)

|  |             |
|--|-------------|
| <b>Ham and/or Cheddar</b>                | <b>6.50</b> |
| <b>Bacon lettuce and tomato</b>          | <b>7.50</b> |
| <b>Tuna Mayo &amp; Cucumber</b>          | <b>6.50</b> |
| <b>Sausage &amp; Red Onion Chutney</b>   | <b>6.50</b> |
| <b>Homemade Fish Finger &amp; Tartar</b> | <b>7.50</b> |
| <b>Prawns in Marie Rose</b>              | <b>8.00</b> |

### Desserts

If you fancy something sweet to finish off, we have a daily selection of sweet treats available.

Please ask your server for todays options.

### Hot Drinks

Lovingly made from our barista machine

|   |                    |
|---|--------------------|
| <b>Pot of Tea</b> English Breakfast, Earl Grey, Peppermint, Green | <b>2.80</b>        |
| <b>Hot Chocolate</b>  | <b>3.40</b>        |
| <b>Espresso</b>   | <b>2.00 / 3.50</b> |
| <b>Americano</b> With or without milk                             | <b>3.00</b>        |
| <b>Latte</b>  | <b>3.20</b>        |
| <b>Cappuccino</b>   | <b>3.20</b>        |
| <b>Flat White</b>   | <b>3.20</b>        |
| Add a syrup shot for 50p – Vanilla, Hazelnut & Caramel            |                    |
| <b>Barti Rum Hot Chocolate</b>                                    | <b>6.50</b>        |
| <b>Liquor Coffee</b>  | <b>6.50</b>        |

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