

Local Beer

All of our ales are brewed by us, just above Tenby Harbour. Drop in and see how it's done.

SAUNDERSFOOT HARBWR BAR & KITCHEN

Kitchen Opening

Our kitchen is open 7 days a week from 12pm. Booking is advisable to avoid disappointment

Sunday Menu

Salads

Ploughman's Lunch (v)	12.50
Mature cheddar or Ham, pickles, salad & rustic bread	
Prawn Salad (gf)	14.50
Juicy prawns coated in our own Marie Rose sauce, with house salad and rustic bread	

Tempura Battered Prawns	8.00
Served with sweet chilli sauce	
Salt & Pepper Squid	7.50
Lightly coated squid with sweet chilli mayo	
Duck Liver & Chicken Pate (gfa)	7.50
With rustic bread, salad & Red onion chutney	
Bread & Olives (ve) (gfa)	7.00
Rustic bread, olives with oil & balsamic	

Sandwiches

All served on white or malted rustic bread

Welsh Ham and or Cheddar	6.50
Tuna Mayo & Cucumber	6.50
Local Sausage & Red Onion Chutney	6.50
Homemade Fish Finger	7.50
Brie & Cranberry (v) with bacon	6.50/7.50
Prawn & Marie Rose	8.00

Starters & Sharers

Breaded Brie (v)	7.50
Panko breaded Brie served with red onion chutney	
Halloumi Fries (v)	7.50
Served with chilli jam	
Soup of the Day (gfa)	6.50
Served with rustic bread and butter	
Welsh Rarebit	7.50
Topped with mushrooms and balsamic	

Roasts

Available 12pm - 5pm

All served with garlic & rosemary roast potatoes, Yorkshire pudding, fresh vegetables & homemade gravy
Gluten Free versions available. Just ask a member of our crew.

5 hour Slow Roast Belly Pork	16.50
Welsh Roast Topside Beef	8.50/16.00
Roast Chicken Wrapped in Bacon	8.00/15.50
Butternut Squash, Lentil & Almond Wellington (vea)	14.00

Fresh Fish

Our offering depends on what's available, fresh. Our favorites include Sea Bass, Hake, Mackerel, Salmon, Crab, Mussels & Lobster

Please see our specials or ask a member of our team for what's available today.

Mains

HARBWR Beer Battered Cod , with chips, garden peas & homemade tartar sauce	15.00
Breaded Wholetail Scampi , with chips, salad & tartar sauce	14.50
Grilled Chicken Breast , with chips, salad & coleslaw – Choice of Cajun / BBQ/ Plain Grilled (gfa)	15.00
Chilli Con Carne , Homemade chilli served with rice, salad & tortilla chips (gf)	14.50
Vegan Bean Chilli , served with rice, salad & tortilla chips (ve) (gf)	14.50
Butternut Squash Tagine , served with rice & salad (ve) (gf)	14.50
Steak & HARBWR Ale Pie , topped with a puff pastry lid served with chips & peas	15.50
Broad Bean & Spinach Burger , in a brioche bun with chips (v)	14.00
Vegetable Tikka Masala , Served with rice and mini naan bread (v) (gfa)	14.50

Childrens

Local Sausages & Chips	6.50	Chicken Nuggets & Chips	6.50
Battered Cod Goujons & Chips	7.50	Mac & Cheese & Garlic Bread	7.00
Add Beans or Peas	0.50	Vanilla Ice Cream	3.00

Served with a choice of sauce.