

## 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> Rustic bread, olives with oil & balsamic	7.00	<b>Mackerel Pate (gfa)</b> Served with rustic bread, salad garnish	8.00
<b>Halloumi Fries (v)</b> Deep fried halloumi with chilli jam	8.00	<b>Breaded Brie (v)</b> Panko breaded brie with onion chutney, side salad	7.50
<b>Chili and lime Tiger Prawns</b> Served with salad garnish and crusty bread	9.50	<b>Soup of the Day (v) (gfa)</b> Served With rustic bread	7.50
<b>Salt &amp; Pepper Squid</b> Battered squid with sweet chili mayo and salad	8.00	<b>BBQ Chicken Taco</b> Served in a Soft shell taco	6.50

## Steaks & Grill

<b>283g/10oz Local Welsh Ribeye</b> , with seasoned rustic chips, grilled tomato & mushroom (gfa)	26.50
<b>283g/10oz Gammon Steak</b> , with seasoned rustic chips, eggs, pineapple or both (add £1) (gfa)	17.50
<i>Combo Your Steak... Add ½ Rack Ribs 7.00 / Chicken Breast 6.00 / Both for 11.00</i>	
<b>Barnsley Lamb chop</b> , served with new potatoes, mixed greens and red wine jus	20.00
<b>Chicken Breast</b> , with seasoned rustic chips, salad & coleslaw – Choice of Cajun (gfa)	16.50
<b>Chicken &amp; Rib Combo</b> , Choice of chicken breast, half rack ribs, seasoned rustic chips & coleslaw	23.50
<b>BBQ Pork Ribs (½ rack or full)</b> , Slow cooked in our BBQ sauce with seasoned rustic chips & coleslaw	16.50/22.50

## Sides...

*Sauces All 3.50 - Peppercorn Sauce / red wine jus / Chimmi Churri*

*Onion Rings 3.50, Side Salad 3.50, Coleslaw 2.50, Garlic Bread 4.50, Cheesy Garlic Bread 5.50*

## Classics

<b>HARBWR Beer Battered Cod</b>	16.00
<i>Finest Cod fillet with rustic chips, peas, tartar sauce</i>	
<b>Breaded Wholetail Scampi</b>	15.50
<i>Finest whole scampi with chips, salad garnish, tartar sauce</i>	
<b>Pie of the Day</b>	15.50
<i>Homemade pie with puff pastry, rustic chips, peas</i>	
<b>Chilli Con Carne (gf)</b>	15.50
<i>Homemade beef chilli with rice &amp; tortilla chips</i>	

## Burgers

All served in a soft brioche bun with seasoned chips

<b>The HARBWR Signature Burger</b>	15.50
<i>Double stacked 100g steak burger, Monterey jack, &amp; house relish</i>	
<b>Grilled Chicken Burger (gfa)</b>	16.50
<i>Cajun spiced chicken breast</i>	
<b>The HARBWR Hake Burger (gfa)</b>	19.50
<i>Fillet of fresh Hake with samphire &amp; seaweed butter</i>	
<b>Spinach &amp; Broadbean Burger (v) (gfa)</b>	15.00

## 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> Served with rice & mini naan	15.00
<b>Three Bean Smokey Chilli (ve) (gfa)</b> With rice & tortilla chips	15.00
<b>Butternut Squash Tagine (ve) (gf)</b> Served with rice	15.00
<b>Cheese and leek quiche (v)</b> Served with buttered new potatoes and salad	15.00

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 Mature cheddar or ham, pickles, house salad & rustic bread	<b>13.00</b>
<b>Prawn Salad (gfa)</b> Juicy prawns generously coated in our own Marie Rose sauce, house salad and rustic bread, .	<b>15.00</b>

### Jacket Potatoes

Available 12 - 5pm.  
All served with salad garnish

<b>Cheese and/or Beans (v) (gf)</b>	<b>8.00</b>
<b>Tuna Mayo &amp; Cucumber (gf)</b>	<b>9.00</b>
<b>Prawns in Marie Rose (gf)</b>	<b>9.50</b>
<b>Three Bean Smokey Chili (gf)</b>	<b>10.00</b>
<b>Homemade Chili Con Carne (gf)</b>	<b>10.00</b>

### Sides

<b>Rustic Bread &amp; Butter</b>	<b>2.50</b>
<b>Chips (gfa)</b>	<b>4.00</b>
<b>Cheesy Chips (gfa)</b>	<b>4.50</b>
<b>Sweet Potato Fries (gfa)</b>	<b>4.50</b>
<b>Mac &amp; Cheese</b>	<b>5.00</b>
<b>Garlic Bread</b>	<b>4.50</b>
<b>Cheesy Garlic Bread</b>	<b>5.50</b>
<b>Onion Rings</b>	<b>3.50</b>
<b>Side Salad (gf)</b>	<b>3.50</b>
<b>Coleslaw (gf)</b>	<b>2.50</b>

### Children's Menu

<b>Local Sausages &amp; Chips (gfa)</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 (gfa)</b>	<b>7.00</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>7.00</b>
<b>Halloumi Fries</b>	<b>7.50</b>
<b>Chili and lime 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>7.50</b>
<b>Brie &amp; Cranberry (v) with Bacon</b>	<b>7.50/ 8.50</b>
<b>Tuna Mayo &amp; Cucumber</b>	<b>8.00</b>
<b>Sausage &amp; Red Onion Chutney</b>	<b>8.00</b>
<b>Homemade Fish Finger &amp; Tartar</b>	<b>8.50</b>
<b>Prawns in Marie Rose</b>	<b>8.50</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>3.60</b>
<b>Espresso</b>	<b>2.00 / 3.60</b>
<b>Americano</b> With or without milk	<b>3.30</b>
<b>Latte</b>	<b>3.50</b>
<b>Cappuccino</b>	<b>3.50</b>
<b>Flat White</b>	<b>3.50</b>
Add a syrup shot for 50p – Vanilla, Hazelnut & Caramel	
<b>Barti Rum Hot Chocolate</b>	<b>7.00</b>
<b>Liquor Coffee</b>	<b>6.80</b>

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