

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

Bread & Olives (ve) (gfa) Rustic Bread, olives with oil & balsamic	7.00	Game & Port Pate (gfa) Served with Melba toast, salad garnish, pickled cucumber	8.00
Halloumi Fries (v) Deep fried halloumi with chilli jam	8.00	Breaded Brie (v) Panko breaded brie with onion chutney, side salad	7.50
Chili and lime Tiger Prawns (gfa) Served with salad garnish and crusty bread	9.50	Soup of the Day Served with rustic bread	7.50
Salt & Pepper Squid Battered squid with sweet chili mayo and salad	8.00	Traditional Lamb Cawl Served with Welsh Cheddar & rustic bread	11.50

Steaks & Grill

283g/10oz Local Welsh Sirloin , with seasoned rustic chips, grilled tomato & mushroom (gfa)	26.50
283g/10oz Gammon Steak , 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 / Tiger Prawns 6.00 (Any 2 for 11.00 / All 3 for 16.00)</i>	
Minted Lamb Rump , served with new potatoes, Tzatziki & Pitta bread	19.00
Cajun Chicken Breast , with seasoned rustic chips, salad & coleslaw (gfa)	16.50
Chicken & Rib Combo , Choice of chicken breast, half rack ribs, seasoned rustic chips & coleslaw	23.50
BBQ Pork Ribs (½ rack or full) , Slow cooked in our BBQ sauce with seasoned rustic chips & coleslaw	16.50/22.50

Sides...

Sauces All 3.50 - Peppercorn Sauce / Blue Cheese Sauce / Chimmi Churri

Onion Rings 3.50, Side Salad 3.50, Coleslaw 3.00, Garlic Bread 4.50, Cheesy Garlic Bread 5.50

Classics

HARBWR Beer Battered Cod Finest Cod fillet with rustic chips, peas, tartar sauce	16.50
Breaded Wholetail Scampi Finest whole scampi with chips, salad garnish, tartar sauce	15.50
Steak & Ale Pie Homemade pie with puff pastry, rustic chips, peas	15.50
Chilli Con Carne (gf) Homemade beef chilli with rice & tortilla chips	15.50

Burgers

All served in a soft brioche bun with seasoned chips

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

Vegetable Tikka Masala (v) (gfa) Served with rice & mini naan	15.00
Three Bean Smokey Chilli (ve) (gfa) With rice & tortilla chips	15.00
Butternut Squash Tagine (ve) (gf) Served with rice	15.00
Broccoli and Stilton Quiche (v) (gf) Served with buttered new potatoes and salad	15.00

PLEASE LET US KNOW IF YOU HAVE ANY ALLERGIES OR DIETARY 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

Ploughman's Lunch (v) (gfa) Available 12 - 5pm	13.00
<i>Mature cheddar or ham, pickles, house salad & rustic bread</i>	
Prawn Salad (gfa)	15.00
<i>Juicy prawns generously coated in our own Marie Rose sauce, house salad and rustic bread, .</i>	

Sharing is Caring...

Bread & Olives	7.00
Halloumi Fries	8.00
Chili and lime Tiger Prawns	9.50
Salt & Pepper Squid	8.00
Breaded Brie	7.50

Sides

Rustic Bread & Butter	2.50
Chips (gfa)	4.00
Cheesy Chips (gfa)	4.50
Sweet Potato Fries (gfa)	4.50
Mac & Cheese	5.00
Garlic Bread	4.50
Cheesy Garlic Bread	5.50
Onion Rings	3.50
Side Salad (gf)	3.50
Coleslaw (gf)	3.00

Sandwiches

Available 12 - 5pm.

All served on rustic white or malted bread (gfa)

Ham / Cheese or Both	8.00
Brie & Cranberry (with Bacon)	8.00/9.00
Tuna Mayo & Cucumber	8.00
Sauage & Red Onion Chutney	8.00
Homemade Fish Finger & Tartar	8.50

Children's Menu

Local Sausages & Chips (gfa)	6.50
Cod Goujons & Chips	7.50
Chicken Nuggets & Chips	6.50
Beef Burger & Chips (gfa)	7.00
<i>Add peas or beans for 50p</i>	
Mac & Cheese with Garlic Bread	7.00
Veggie Sausage & Chips (gf)	6.50
Kids Ice Cream	3.00
<i>Served with a choice of sauce</i>	

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

Pot of Tea <i>English Breakfast, Earl Grey, Peppermint, Green</i>	2.80
Hot Chocolate	3.60
Espresso	2.00 / 3.60
Americano <i>With or without milk</i>	3.30
Latte	3.50
Cappuccino	3.50
Flat White	3.50
<i>Add a syrup shot for 50p – Vanilla, Hazelnut & Caramel</i>	
Barti Rum Hot Chocolate	7.00
Liquor Coffee	6.80

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