

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) (gfa)	13.00
Mature cheddar or Ham, pickles, salad & rustic bread	
Prawn Salad (gf)	15.00
Juicy prawns coated in our own Marie Rose sauce, with house salad and rustic bread	

Sandwiches

All served on white or malted rustic bread

Ham	7.50
Tuna Mayo & Cucumber	8.00
Welsh Cheddar	7.50
Homemade Fish Finger	8.50
Sausage & Red Onion Chutney	8.00

Starters & Sharers

Chili & Lime Tiger Prawns (gfa)	9.50	Breaded Brie (v)	7.50
Served with chilli & lime butter		Panko breaded Brie served with red onion chutney	
Salt & Pepper Squid	8.00	Halloumi Fries (v)	8.00
Lightly coated squid with sweet chilli mayo		Served with chilli jam	
Game & Port Pate (gfa)	8.00	Soup of the Day (gfa)	7.50
With rustic bread		Served with rustic bread & butter	

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	8.00/16.00
Butternut Squash, Lentil & Almond Wellington (vea)	15.00

Fresh Fish

Our offering depends on what's available, fresh. Our favorites include Sea Bass, Hake, Mackerel, Salmon and Swordfish

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	16.50
Breaded Wholetail Scampi , with chips, salad & tartar sauce	15.50
Chilli Con Carne , Homemade chilli served with rice & tortilla chips (gf)	15.50
Vegan Bean Chilli , served with rice & tortilla chips (ve) (gf)	15.00
Chefs Pie of the Day , topped with a puff pastry lid served with chips & peas	15.50
Vegetable Tikka Masala , Served with rice and mini naan bread (v) (gfa)	15.00

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
Veggie Sausage & Chips	6.50	Served with a choice of sauce.	