

Our Beer

Our ales are brewed in Sergeants Lane, Tenby. Just above Tenby Harbour. Pop in and see where the magic happens.

SAUNDERSFOOT HARBWR BAR & KITCHEN

Live Music

Every Saturday night from 9pm.
Put on your dancing shoes with a great mix of the best local bands.

Starters & Sharers

Bread & Olives (ve) (gfa)..... 7.00

Rustic bread / olives / oil & balsamic

Vegetable Gyozas (ve) 7.50

Fried gyoza dumplings / Mango & Chili dipping sauce

Chili & Mango Butterfly Prawns..... 8.50

Breadcrumbs Spicy Prawns / Sweet Chili Sauce

Salt & Pepper Squid 8.00

Lightly coated squid / sweet chilli mayo

Soup of the Day (v) (gfa)..... 7.50

Please see our boards for todays choice

Breaded Brie (v) 7.50

Panko breaded Brie with red onion chutney

Salmon & Prawn Terrine 8.50

Asian style terrine / crusty bread / pear & ginger chutney

Boa Bun..... 6.00

See our specials page for todays filling

Steaks & Grill

10oz Local Welsh Sirloin, prime beef from 'Copper Hog' butchers with rustic chips, grilled tomato & mushroom (gfa) 27.50

10oz Pembrokeshire Gammon Steak, seasoned rustic chips, free range eggs or pineapple, or both (£1 Supp) (gfa) 18.00

Combo Your Steak... Add ½ Rack Ribs 7.00 / Chicken Breast 6.00 / Tiger Prawns 6.00 (Any 2 for 11.00 / All 3 17.00)

Slow Cooked Lamb Shank, red wine & rosemary gravy, creamy mash potato, greens 24.50

Grilled Chicken, with seasoned rustic chips, salad garnish & coleslaw – Choice of Cajun or Simply Grilled (gfa) 17.50

Slow Braised BBQ Pork Ribs, slow cooked in smokey BBQ sauce, salad garnish, rustic chips & coleslaw. ½ or full rack 17.00/23.50

Chicken & Rib Combo, Choice of chicken, half rack ribs, salad garnish, seasoned rustic chips & coleslaw 25.00

Sides...

Peppercorn Sauce 3.50 / Chimichurri 3.50 / Side Salad 3.50 / Onion Rings 3.50
Coleslaw 3.00 / Garlic Bread 4.50 / Cheesy Garlic Bread 5.50 / Mac & Cheese 5.00

Classics

HARBWR Beer Battered Cod 17.50

Finest Atlantic cod fillet with chips, peas, tartar sauce

Breaded Wholetail Scampi 16.50

Finest whole scampi with chips, salad, tartar sauce

Welsh Steak & HARBWR Ale Pie 16.00

Homemade pie with puff pastry, chips, peas

Chef's Chili Con Carne 16.50

Medium spiced beef chili, rice, tortilla chips, sour cream

Burgers

All in a soft brioche bun with seasoned rustic chips

The HARBWR Signature Burger 17.00

Double stacked 100g steak burger with cheeses, baby gem, and house relish. Ooosh!

Grilled Chicken Burger 17.50

Choice of Cajun or Simply Grilled

Spinach & Broadbean Burger 16.00

Delicious vegetarian patty with gourmet relish.

Burger of the week 18.00

See our specials page for this weeks choice

Pimp your burger with: Cheese 1.00 / Bacon 1.00

Vegan & Veggie

Vegetable Tikka Masala (v) (gfa) 16.00

Mild aromatic curry with rice & mini naan (add chicken £5)

Three Bean Smokey Chilli (ve) (gf) 16.00

With rice & tortilla corn chips

Spring Green Risotto (v) 16.00

Creamy leek & spinach sauce, greens & roasted veg

Broccoli & Stilton Quiche (v) 16.00

Served with buttered new potatoes & dressed salad

Spinach & Broadbean Burger (ve) 16.00

Delicious vegetarian patty with gourmet relish.

Fresh Fish

All our freshly caught fish is served with buttered new potatoes & seasonal vegetables.

See our specials or ask a server for what catches are available today

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Live Music

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Light Bites

... Sandwiches ...

Available 12 - 5pm

All served on white or malted bloomer bread (gfa)

Ham Salad	8.00
Tuna Mayo & Cucumber	8.50
Welsh Cheddar & Chutney	8.00
Brie & Cranberry (add bacon)	8.50/9.50
Homemade Fish Finger & Tartar	9.50
Prawns with Marie Rose	10.00
New York Deli	10.00

... Salads ...

Ploughman's Lunch (v) (gfa)	13.50
Mature Welsh cheddar or ham, or both, house salad, pickles & rustic bread.	
Prawn Salad (gfa)	15.50
Juicy Atlantic prawns served with Marie Rose sauce, house salad & rustic bread	
Labanese Falafel Flatbread (ve)	14.00
Falafels, flatbread, salad, yummy vegan Middle Eastern sauce	

Live Music

Every Saturday from 9pm to 11pm. Some of the regions best bands. Book your table to dine before the entertainment.

Children's Menu

Local Butchers Sausages , copper hogg pork sausages served with chips, peas or beans	7.00
Cod , fresh beer battered cod served with chips, peas or beans	8.00
Chicken Nuggets , battered nuggets of chicken breast, served with chips, peas or beans	7.00
Beef Burger , 100g steak burger from copper hog butchers, served a soft brioche bun with chips	7.50
Mac & Cheese , creamy mac & cheese served with garlic bread (v)	7.50
3 Bean Smokey Chilli , mildly spiced with rice & tortilla chips (ve) (gf)	7.50
Kids Ice-Cream , Pembrokeshire vanilla ice-cream with a choice of strawberry, chocolate or toffee sauce.	3.00

... Sides ...

Peppercorn or Chimichurri Sauce (v)	3.50
Mac & Cheese (v)	5.00
Onion Rings (v)	3.50
Sweet Potato Fries (v) (gfa)	5.00
Rustic Chips (v) (gfa)	4.00
Cheesy Rustic Chips (v) (gfa)	4.50
Garlic Bread (v)	4.50
Cheesy Garlic Bread (v)	5.50
Rustic Bread & Butter (v)	2.50
Side Salad (ve) (gf)	3.50
Coleslaw (v) (gf)	3.00
Buttered New Potatoes (v) (gf)	4.00

Desserts

If you fancy something sweet...

we have a daily selection including classics like chocolate fudge cake, tiramisu & cheesecakes.

Ask a server for today's choices

... Hot Drinks ...

Lovingly made from our barista machine

Tea	English Breakfast, Earl Grey, Peppermint, Green	3.00
Hot Chocolate		3.80
Espresso		2.00 / 3.60
Americano	With or without milk	3.50
Latte		3.70
Cappuccino		3.70
Flat White		3.70

Add a syrup shot for 50p - Vanilla, Hazelnut or Caramel
Oat milk 50p

Breakfast

Served 9.30am to 11.30am Everyday

Main Menu From Midday

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 - (VEA) VEGAN VERSION AVAILABLE
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 RAPESEED OIL IN OUR FRIERS.