

Our Beer

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

SAUNDERSFOOT HARBWR BAR & KITCHEN

Live Music

Every Saturday night from 9pm.

Put on your dancing shoes

Sunday Lunch Menu

Starters & Sharers

Bread & Olives (ve) 7.00 <i>Rustic bread / olives / oil & balsamic</i>	Soup of the Day (v) 7.50 <i>Fresh soup / rustic bread</i>
Vegetable gyozas (ve) 7.50 <i>Fried gyoza dumplings / Mango & chili dipping sauce</i>	Breaded Brie (v) 7.50 <i>Panko breaded Brie with red onion chutney</i>
Chili & Mango Butterfly Prawns 8.50 <i>Breadcrumbs spicy prawns / sweet chili mayo</i>	Salmon & Prawn Terrine 8.50 <i>Asian style terrine / rustic bread / pear & ginger chutney</i>
Salt & Pepper Squid 8.00 <i>Lightly coated squid / sweet chili mayo</i>	Bao Bun 6.00 <i>See our specials page for todays filling</i>

Roasts

Available Midday to 5pm, unless we sell out before. Pre-order to avoid disappointment.
All served with garlic & rosemary potatoes, Yorkshire pudding, fresh vegetables & homemade gravy.

5 Hour Slow Roast Belly Pork 17.50
Welsh Topside of Beef 17.50
Roast Turkey 17.00
Butternut Squash, Lentil & Almond Wellington (vea) 17.50

Classics

HARBWR Beer Battered Cod 17.50 <i>Finest Atlantic cod fillet with chips, peas, tartar sauce</i>
Breaded Wholetail Scampi 16.50 <i>Finest whole scampi with chips, salad, tartar sauce</i>
Welsh Steak & HARBWR Ale Pie 16.00 <i>Homemade pie with puff pastry, chips, peas</i>
Chilli Con Carne (gf) 16.50 <i>Homemade beef chilli with rice & tortilla chips</i>

Vegan & Veggie

Vegetable Tikka Masala (v) (gfa) 16.00 <i>Mild aromatic curry with rice & mini naan</i>
Three Bean Smokey Chilli (ve) (gf) 16.00 <i>With rice & tortilla corn chips</i>
Spring Green Risotto (v) 16.00 <i>Creamy leek & spinach sauce, greens & roasted veg</i>
Broccoli & Stilton Quiche (v) 16.00 <i>Served with buttered new potatoes & dressed salad</i>

Sides...

Chips 4.00 / Cheesy Chips 4.50 / Garlic Bread 4.50 / Cheesy Garlic Bread 5.50
Side Salad 3.50 / Coleslaw 3.00 / Mac & Cheese 5.00

Main Menu

Available after 5pm

All you favourites from the grill including
Steak / Ribs / Chicken / Gammon

Fresh Fish

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

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

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 GARANTEE 100% TRACE FREE OF GLUTEN ON ITEMS COOKED IN OUR FRIERS.
WE USE RAPESEED OIL IN OUR FRIERS.

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Light Bites

... Sandwiches ...

Available 12 - 5pm

All served on white or malted rustic bread (gfa)

Ham and or Cheddar	8.00
Tuna Mayo & Cucumber	8.50
New York Deli	10.00
Homemade Fish Finger & Tartar	9.50
Prawns with Marie Rose	10.00
Roast Beef & Dipping Gravy	11.00

... 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	

Children's Menu

Childs Roast Beef , served with all the trimming	9.00
Childs Roast Chicken , served with all the trimmings	8.50
Local Butchers Sausages , Copper Hog pork sausages or vegetable 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
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 ...

Mac & Cheese (v)	5.00
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
Butter & Herb New Potatoes (v) (gf)	3.00

Desserts

If you fancy something sweet...

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

... Hot Drinks ...

Lovingly made from our barista machine
Add a syrup shot for 50p - Vanilla, Hazelnut or Caramel
Oat milk 50p

Tea	English Breakfast, Earl Grey, Peppermint, Green	2.80
Hot Chocolate		3.60
Espresso		2.00 / 3.60
Americano	With or without milk	3.30
Latte		3.50
Cappuccino		3.50
Flat White		3.50

Breakfast Served 9.30am to 11.30am Everyday

Main Menu From Midday

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