

## 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.

## ..... Small Plates .....

**Bread & Olives (ve) (gfa)** ..... 8.00

Rustic bread / olives / oil & balsamic

**Vegetable Gyozas (ve)** ..... 8.00

Fried gyoza dumplings / Mango & Chili dipping sauce

**Chili & Garlic Tiger Prawns (gfa)** ..... 10.00

Shell on tiger prawns / rustic bread / chili & garlic butter

**Salt & Pepper Squid** ..... 8.50

Lightly coated squid / sweet chilli mayo

**Soup of the day** ..... 7.50

See your server for today's option

**Breaded Brie (v)** ..... 8.00

Goosey breaded brie / Red Onion Chutney

**Pork, Chicken & Penderyn Pate** ..... 7.50

Smooth Pork, Chicken & Whiskey pate / toast

**Chicken Tenders** ..... 8.50

Sweet chili sauce / spring onion

## ..... Steaks & Grill .....

**10oz Local Welsh Sirloin**, prime beef from 'Copper Hog' butchers with rustic chips, grilled tomato & mushroom (gfa) 28.50

**10oz Pembrokeshire Gammon Steak**, seasoned chips, peas, free range eggs or pineapple, or both (£1 Supp) (gfa) 18.50

**Combo Your Steak...** Add ½ Rack Ribs 7.00 / Chicken Breast 7.00 / Tiger Prawns 9.00

**Skewer of the Day**, wild rice, dressed salad, flatbread (please see our specials page for today's option) see specials

**Grilled Chicken**, with seasoned rustic chips OR rice, salad garnish & coleslaw – Choice of Cajun or Simply Grilled (gfa) 18.50

**Slow Braised BBQ Pork Ribs**, whole or half rack of ribs low cooked in smoky BBQ sauce, salad, rustic chips & coleslaw. 18.00/24.50

**Chicken & Rib Combo**, Choice of chicken, half rack ribs, salad garnish, seasoned rustic chips & coleslaw 26.00

## Sides...

Peppercorn Sauce 4.00 / Chimichurri 4.00 / Side Salad 4.00 / Onion Rings 4.00  
Coleslaw 3.00 / Garlic Bread 5.00 / Cheesy Garlic Bread 6.00 / Mac & Cheese 5.50

## ... Mains ...

**HARBWR Beer Battered Cod** 17.50

Cod fillet with chips, minted mushy peas, tartar sauce

**Welsh Steak & HARBWR Ale Pie** 16.50

Homemade pie with puff pastry, chips, peas & gravy

**Breaded Wholetail Scampi** 17.50

Finest whole scampi with chips, salad, tartar sauce

**Chili Con Carne (gf)** 17.50

With rice, tortilla corn chips & sour cream

**Three Bean Smokey Chilli (ve) (gf)** 16.00

With rice & tortilla corn chips

**Penang Curry (ve) (gfa)** 17.00

Aromatic vegetable & pepper curry, rice & flatbread

**Mushroom Bourguignon (v)** 17.00

With creamy mash and seasonal greens

**Roasted Red Pepper Quiche (v)** 16.00

Served with buttered new potatoes & dressed salad

## ... Handhelds ...

*Pimp it up ...* Bacon 1.00 / Cheese 1.00

**The HARBWR Signature Burger** 18.00

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

**Grilled Chicken Burger** 18.50

Choice of Cajun or Simply Grilled

**Spinach & Broadbean Burger (ve)** 16.50

Delicious vegetarian patty with house relish.

**Hake Burger** 20.00

Fillet of hake, samphire & seaweed butter

**Chef's Burger of the Week** see specials

See our specials page for this week's banging burger

## Fresh Fish

Take a look at our fish specials page, with locally sourced fillet and whole fish. Our favourites include Tenby Lobster, Seabass & Mackerel. All subject to availability & market price.

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 – (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.

## 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.

## ..... 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 (with bacon)	9.00/10.00
Homemade Fish Finger & Tartar	9.50
Prawns with Marie Rose	10.00

### ... Salads ...

<b>Caesar Salad (v) (gfa)</b>	<b>13.00</b>
Classic Caesar salad, Caesar dressing, bacon, croutons	
<b>Add chicken £4.00</b>	
<b>Prawn Salad (gfa)</b>	<b>16.50</b>
Juicy Atlantic prawns served with Marie Rose sauce, house salad & rustic bread	
<b>Labanese Falafel Flatbread (ve)</b>	<b>16.00</b>
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

<b>Sausages</b> , copper hogg pork sausages <b>OR</b> veggie sausages served with chips, peas or beans	<b>7.00</b>
<b>Cod</b> , fresh beer battered cod served with chips, peas or beans	<b>8.50</b>
<b>Scampi</b> , breaded whole scampi, served with chips, peas or beans	<b>8.50</b>
<b>Chicken Nuggets</b> , battered nuggets of chicken breast, served with chips, peas or beans	<b>7.00</b>
<b>Beef Burger</b> , 100g steak burger from copper hog butchers, served a soft brioche bun with chips	<b>7.50</b>
<b>Mac &amp; Cheese</b> , creamy mac & cheese served with garlic bread (v)	<b>7.50</b>
<b>Kids Ice-Cream</b> , Pembrokeshire vanilla ice-cream with a choice of strawberry, chocolate or toffee sauce.	<b>4.00</b>

### ... Sides ...

Peppercorn or Chimichurri Sauce (v)	4.00
Mac & Cheese (v)	5.50
Onion Rings (v)	4.00
Rustic Chips (v) / Cheesy Chips (gfa)	4.00/5.00
Garlic Bread (v) / Cheesy Garlic Bread	5.00/6.00
Rustic Bread & Butter (v)	2.50
Side Salad (ve) (gf)	4.50
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, banoffee pie & 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	3.60
Latte		3.80
Cappuccino		3.80
Flat White		3.80

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

## Breakfast

Served 9.30am to 11.30am Mon - Sat

## 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.