

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

Sunday Lunch Menu

..... Starters & Sharers

Bread & Olives (ve)..... 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 chili mayo

Soup of the day (gfa)..... 7.50

See your server for todays option

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

Smooth Pork, Chicken & Whiskey pate / toast

Breaded Brie (v)..... 8.00

Goosey Breaded Brie / red onion chutney

Chicken Tenders..... 8.50

Sweet chili sauce / spring onion

..... 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 Roast Beef Sirloin (served medium)..... 18.50

Roast Turkey..... 17.50

Mediterranean veg Wellington(v)..... 17.50

... Classics ...

HARBWR Beer Battered Cod..... 17.50

Cod fillet with chips, minted mushy peas, tartar sauce

Breaded Wholetail Scampi..... 17.50

Finest whole scampi with chips, salad, tartar sauce

Chilli Con Carne (gf)..... 17.50

Homemade beef chilli with rice & tortilla chips

Welsh Steak & HARBWR Ale Pie..... 16.50

Homemade pie with puff pastry, chips, peas & gravy

... Vegan & Vegie ...

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

With rice & tortilla corn chips

Thai Green Curry (ve) (gfa)..... 17.00

Homemade vegan 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

Sides...

Chips 4.00 / Cheesy Chips 5.00 / Garlic Bread 5.00 / Cheesy Garlic Bread 6.00
Side Salad 4.50 / Coleslaw 3.00 / Mac & Cheese 5.50

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 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.

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Live Music

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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
Homemade Fish Finger & Tartar	9.50
Prawns with Marie Rose	10.00
Roast Beef & Dipping Gravy	11.00

... Salads ...

Caesar Salad (v) (gfa)	12.50
Classis Caesar salad, Caesar dressing, croutons	
Add chicken £4.00	
Prawn Salad (gfa)	16.50
Juicy Atlantic prawns served with Marie Rose sauce, house salad & rustic bread	
Labanese Falafel Flatbread (ve)	16.00
Falafels, flatbread, salad, yummy vegan Middle Eastern sauce	

..... Children's Menu

Childs Roast Beef , served with all the trimming	9.00
Childs Roast Turkey , 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	8.50
Scampi , whole breaded scampi, chips, peas or beans	8.50
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
Kids Ice-Cream , Pembrokeshire vanilla ice-cream with a choice of strawberry, chocolate or toffee sauce.	3.00

... Sides ...

Peppercorn or Chimichurri Sauce (v)	4.00
Mac & Cheese (v)	5.50
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 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	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

Breakfast Served 9.30am to 11.30am Mon - Sat

Main Menu From Midday

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