

## 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

<b>Bread &amp; Olives (ve) (gfa)</b> ..... 8.00 Rustic bread / olives / oil & balsamic	<b>Glamorgan Sausage</b> ..... 8.00 Leek & potato sausage / tomato relish
<b>Vegetable Gyozas (ve)</b> ... 8.00 Fried gyoza dumplings / Soy sauce	<b>Breaded Brie (v)</b> ..... 8.00 Goopy breaded brie / Red Onion Chutney
<b>Chili &amp; Garlic Tiger Prawns (gfa)</b> ..... 10.00 Shell on tiger prawns / rustic bread / chili & garlic butter	<b>Ham Hock Terrine</b> ..... 8.50 Coarse ham hock terrine / rustic bread / piccalilli
<b>Calamari</b> ..... 8.50 Lightly coated calamari / sweet chilli mayo	<b>Chicken Tenders</b> ..... 8.50 Sweet chili sauce / spring onion

## Steaks & Grill

<b>10oz Local Welsh Sirloin</b> , prime beef from 'Copper Hog' butchers with rustic chips, grilled tomato & mushroom (gfa) 28.50	
<b>10oz Pembrokeshire Gammon Steak</b> , seasoned chips, peas, free range eggs or pineapple, or both (£1 Supp) (gfa) 18.50	
<i>Combo Your Steak... Add ½ Rack Ribs 7.00 / Chicken Breast 7.00 / Tiger Prawns 9.00</i>	
<b>Skewer of the Day</b> , wild rice, dressed salad, flatbread (please see our specials page for todays option) see specials	
<b>Grilled Chicken</b> , with seasoned rustic chips OR rice, salad garnish & coleslaw – Choice of Cajun or Simply Grilled (gfa) 18.50	
<b>Slow Braised BBQ Pork Ribs</b> , whole or half rack of ribs low cooked in smoky BBQ sauce, salad, rustic chips & coleslaw. 19.00/25.00	
<b>Chicken &amp; Rib Combo</b> , 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

<b>HARBWR Beer Battered Cod</b> 17.50 Cod fillet with chips, minted mushy peas, tartar sauce
<b>Welsh Steak &amp; HARBWR Ale Pie</b> 16.50 Homemade pie with puff pastry, chips, peas & gravy
<b>Breaded Wholetail Scampi</b> 17.50 Finest whole scampi with chips, salad, tartar sauce
<b>Dragons Kiss Chicken Curry (gf)</b> 17.50 With rice, flat bread & mango chutney (medium)
<b>Three Bean Smokey Chilli (ve) (gf)</b> 16.00 With rice & tortilla corn chips
<b>Penang Curry (ve) (gfa)</b> 17.00 Aromatic Thai vegetable & pepper curry, rice & flatbread
<b>Mushroom Bourguignon (v)</b> 17.00 With creamy mash and seasonal greens
<b>Roasted Red Pepper Quiche (v)</b> 16.00 Served with buttered new potatoes & dressed salad

## Handhelds

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

<b>The HARBWR Signature Burger</b> 18.00 Double stacked 100g steak burger with cheeses, baby gem, and house relish. Ooosh!
<b>Grilled Chicken Burger</b> 18.50 Choice of Cajun or Simply Grilled
<b>Spinach &amp; Broadbean Burger (ve)</b> 16.50 Delicious vegetarian patty with house relish.
<b>Hake Burger</b> 20.00 Fillet of hake, samphire & seaweed butter
<b>Chef's Burger of the Week</b> see specials See our specials page for this weeks 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.

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## 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
Steak and caramelised onion	13.00

## ... Salads ...

Caesar Salad (v) (gfa)	13.00
Classic Caesar salad, Caesar dressing, bacon, 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	

## 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

Steak, 4oz sizzler steak, served with chips	14.00
Sausages, copper hogg pork sausages OR veggie sausages served with chips, peas or beans	7.00
Cod, fresh beer battered cod served with chips, peas or beans	8.50
Scampi, breaded whole scampi, served with chips, peas or beans	8.50
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
Kids Ice-Cream, Pembrokeshire vanilla ice-cream with a choice of strawberry, chocolate or toffee sauce.	4.00

## ... 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

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