

SAUNDERSFOOT
HARBWR
BAR & KITCHEN

Today's Specials

Light Bites

Whitebait, lightly floured blanch bait with tartar sauce
.....£8.50.....

Scallops, Juicy scallops in chili & garlic butter, served in a half shell, with rustic bread
.....£10.50.....

From The Sea

Fresh Sea Bass, 1 or 2 fillets of sea bass, Pembrokeshire new potatoes, greens & choice of sauce (gf)
..... £19.50/£24.50.....

Swordfish, Grilled swordfish steak, buttered Pembrokeshire new potatoes, greens & choice of sauce (gf)
..... £24.00.....

Plaice, Whole oven baked plaice served with buttered Pembrokeshire new potatoes, seasonal vegetables, salad & choice of sauce.
.....£25.00.....

Mackerel, Whole oven baked mackerel, served with salad, roasted new potatoes & choice of sauce
.....£22.00.....

Fish Pie, chunks of white fish, salmon and prawns in a creamy white sauce topped with cheesy mash and served with salad
.....£23.00.....

Sauces - Seaweed Butter / Garlic & Chili Butter / Chimichurri / Cider & Mustard Cream

Hearty Mains

Skewer of the day, Piri Piri. chunks of chicken marinated in a piri piri sauce, served with flat bread, rice and salad
.....£21.00.....

Burger of the week, Lamb and rosemary burger topped with mint yogurt
.....£19.00.....

Desserts

Today's Cheesecake
Lotus Biscoff

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.

SAUNDERSFOOT HARBWR BAR & KITCHEN

Wine of the Week

Los Vinateros, Crinza, Spain (2019)

A rich and vibrant red, red fruit aromas & softly integrated oak. Broad on the palate with a rounded long finish.....£35.....

Light Bites

Soup of the Day, freshly made soup served with a chunk of rustic bread.

Ask a server for today's choice.

.... £8.00....

Mains

Cottage Pie, a classic 'Winter Warmer' comfort dish with slow cooked beef in a rich gravy, topped with cheesy mash and served with buttered greens.

.... £18.50....

Pasta Neapolitan, penne pasta with roasted Mediterranean vegetables in a rich tomato sauce.

.... £16.50....

Add grilled Chicken £3

Minted Lamb Pie, tender welsh lamb in a minted gravy. Served with Pembrokeshire new potatoes & seasonal vegetables

.... £18.00....

Red Dragon HARBWR Dog, local butchers sausages spiced with to bring a little 'kick', topped with a HARBWR ale infused onion chutney, salad garnish & rustic chips.

.... £16.00....

Locally Smoked Salmon Salad, 'Salt & Smoke' salmon in a purple sweet potato and pickled fennel salad. Dressed with fruity raspberry vinaigrette and garnished with crispy softshell crab.

.... £17.50....

Nacho Burger, Double 4oz local butchers beef patties, salad, nacho cheese, salsa relish, tortilla chip crumb & jalapeños. Served with seasoned rustic chips.

.... £18.50....

Oven Baked Salmon, Fresh salmon served with buttered Pembrokeshire new potatoes & seasonal vegetables (gf)

.... £22.50....

Grilled Pork Loin, flame grilled local butchers pork served with a creamy mushroom sauce, Pembrokeshire new potatoes & seasonal vegetables

.... £19.50....

Jerk Chicken, flame grilled marinated chicken with wild grain rice, salad & a Caribbean inspired pineapple salsa.

.... £19.00....

HARBWR Sausage & Mash, 'Copper Hogg' pork sausages with colcannon mash, steamed greens, and a HARBWR ale & onion gravy

.... £18.00....

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.

SAUNDERSFOOT HARBWR BAR & KITCHEN

Chicken Curry, Homemade mild/medium spiced curry with chicken & chick pea in a coconut and tomato based sauce.
Served with wild grain rice, flat bread & mango chutney. (gfa)
.... £17.50....

10oz Welsh Sirloin, prime cut from 'Copper Hogg' Butchers, served with flat mushroom, grilled tomato,
salad garnish & rustic chips (gf) *Add peppercorn sauce £4*
.... £28.50....

Desserts

Lime Posset, a refreshing and zingy lime posset, set on summer berry jelly.
Served with homemade shortbread.
.....£7.00.....

Lemon Roulade, served with ice cream or pouring cream
.....£6.50.....

Wine of the Week

Ormarine, Carigan Grenache Syrah Rose, France

An intense bouquet of grapefruit and lemon on the nose, this wine offers a refreshing, light bodied taste 12%
.....£30.....

Boneshaker, Zinfandel, California

Boneshaker is a robust, vibrant ruby red, full-throttle 'Old Vine' Zinfandel from Lodi, California, a region known for its
warm growing season and sandy soils
.....£32.....

Wine of the Week

Le Tutu, Grenache Rosé, France

A light, delicate and elegant rosé with fresh aromas of raspberries and strawberries.
Enjoyed best with fish dishes and good company.
.....£33.....

Boneshaker, Zinfandel, California

Boneshaker is a robust, vibrant ruby red, full-throttle 'Old Vine' Zinfandel from Lodi, California, a region known for its
warm growing season and sandy soils
.....£32.....