

## 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.*

# Sunday Lunch Menu

## Starters & Sharers

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

*Rustic bread / olives / oil & balsamic*

**Vegetable gyozas (ve)**..... 8.00

*Fried gyoza dumplings / Soy sauce*

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

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

**Calamari** ..... 8.50

*Lightly coated calamari / sweet chili mayo*

**Glamorgan Sausage(v)** ..... 8.00

*Leek & cheese sausage / tomato relish*

**Ham Hock Terrine** ..... 8.50

*Coarse ham hock terrine / rustic bread / piccalilli*

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

*Goopy 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 Topside of Beef (served medium)** ..... 18.50

**Roast Chicken wrapped in bacon.** ..... 17.50

**Beetroot Wellington (ve)** ..... 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*

**Dragons Kiss Chicken Curry (gfa)** ..... 17.50

*With rice, flatbread & mango chutney (medium)*

**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*

**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*

## 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 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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## Live Music

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## ..... Light Bites .....

### ... Sandwiches ...

*Available 12 - 5pm*

*All served on white or malted rustic bread (gfa)*

<b>Ham and or Cheddar</b>	<b>8.00</b>
<b>Tuna Mayo &amp; Cucumber</b>	<b>8.50</b>
<b>Homemade Fish Finger &amp; Tartar</b>	<b>9.50</b>
<b>Prawns with Marie Rose</b>	<b>10.00</b>
<b>Roast Beef &amp; Dipping Gravy</b>	<b>11.00</b>

### ... Salads ...

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

## ..... Children's Menu .....

<b>Childs Roast Beef</b> , served with all the trimming .....	<b>9.00</b>
<b>Childs Roast Chicken</b> , served with all the trimmings .....	<b>8.50</b>
<b>Local Butchers Sausages</b> , Copper Hog pork sausages or vegetable 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> , whole breaded scampi, 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>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>3.00</b>

### ... Sides ...

<b>Peppercorn or Chimichurri Sauce (v)</b>	<b>4.00</b>
<b>Mac &amp; Cheese (v)</b>	<b>5.50</b>
<b>Rustic Chips (v) / Cheesy Chips (gfa)</b>	<b>4.00/5.00</b>
<b>Garlic Bread (v) / Cheesy Garlic Bread</b>	<b>5.00/6.00</b>
<b>Rustic Bread &amp; Butter (v)</b>	<b>2.50</b>
<b>Side Salad (ve) (gf)</b>	<b>4.50</b>
<b>Coleslaw (v) (gf)</b>	<b>3.00</b>
<b>Buttered New Potatoes (v) (gf)</b>	<b>4.00</b>

**Desserts** *If you fancy something sweet ...*  
*we have a daily selection including classics like 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*

<b>Tea</b>	<i>English Breakfast, Earl Grey, Peppermint, Green</i>	<b>3.00</b>
<b>Hot Chocolate</b>		<b>3.80</b>
<b>Espresso</b>		<b>2.00 / 3.60</b>
<b>Americano</b>	<i>With or without milk</i>	<b>3.60</b>
<b>Latte</b>		<b>3.80</b>
<b>Cappuccino</b>		<b>3.80</b>
<b>Flat White</b>		<b>3.80</b>

**Breakfast** *Served 9.30am to 11.30am Mon - Sat*

**Main Menu From Midday**

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