

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) 2, 14..... 8.00 Rustic bread / olives / oil & balsamic	Glamorgan Sausage (v) 2, 7, 9..... 8.00 Leek & potato sausage / tomato relish
Vegetable Gyozas (ve) 2,4..... 8.00 Fried gyoza dumplings / Soy sauce	Halloumi Fries (v) 7..... 8.50 Deep fried Halloumi / Hot Honey
Chili & Garlic Tiger Prawns (gfa) 2,3,7..... 10.00 Shell on tiger prawns / rustic bread / chili & garlic butter	Chicken Liver Pate 2, 7, 13, 14..... 8.50 Smooth chicken patel toast / red onion marmalade
Calamari 2, 8..... 8.50 Lightly coated calamari / sweet chilli mayo	Chicken Tenders 2, 4, 7..... 8.50 Sweet chili sauce / spring onion
Hummus (ve) 2, 12..... 8.00 Creamy Hummus / toasted flatbread	Caesar Salad (va) 2, 4, 7..... 7.50 Leaf / Caesar dressing / bacon / croutons— add chicken £2

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 egg or pineapple, or both (£1 Supp) (gfa) 19.00
<i>Combo Your Steak... Add ½ Rack Ribs 7.00 / Chicken Breast 7.00 / Tiger Prawns 9.00</i>
Piri-Piri Chicken Skewer , wild rice, dressed salad, flatbread 21.00
Grilled Chicken , with seasoned rustic chips OR rice, salad garnish & coleslaw – Choice of Cajun or Simply Grilled (gfa) 19.50
Slow Braised BBQ Pork Ribs , whole or half rack of ribs low cooked in smoky BBQ sauce, salad, rustic chips & coleslaw. 19.00/26.00
Chicken & Rib Combo , Choice of chicken, half rack ribs, salad garnish, seasoned rustic chips & coleslaw 27.50

Sides... Peppercorn Sauce 4.00 / Chimichurri 4.00 / Side Salad 4.00 / Onion Rings 4.50
Coleslaw 3.50 / Garlic Bread 5.50 / Cheesy Garlic Bread 6.50 / Mac & Cheese 5.50

Mains

HARBWR Beer Battered Cod 2, 4, 5, 14 18.50 Cod fillet with chips, minted mushy peas, tartar sauce
Welsh Steak & HARBWR Ale Pie 2, 4, 13, 14 17.50 Homemade pie with puff pastry, chips, peas & gravy
Breaded Wholetail Scampi 2, 3, 4, 9 17.50 Finest whole scampi with chips, salad, tartar sauce
Dragons Kiss Chicken Curry (gfa) 2, 7 17.50 With rice, flat bread & mango chutney (medium)
Three Bean Smokey Chilli (ve) (gf) 17.50 With rice & tortilla corn chips
Tofu Skewer (vea) (gfa) 2, 13 18.00 Wild rice, salad & flatbread, Hot Honey
Roasted Red Pepper Quiche (v) 2, 4, 7, 9 16.50 Served with buttered new potatoes & dressed salad

Burgers

Pimp it up... Bacon 1.00 / Cheese 1.00
All served with seasoned chips

HARBWR Signature Burger 2, 7, 9, 13, 14 18.00 Double stacked 100g steak burger with cheeses, baby gem, and house relish. Ooosh!
Grilled Chicken Burger 2 19.00 Choice of Cajun or Simply Grilled
Spinach & Broadbean Burger (ve) 2 17.50 Delicious vegetarian patty with house relish.
Hake Burger 2, 5, 7 21.00 Fillet of hake, samphire & seaweed butter
Chef's Burger of the Week 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.

ALLERGEN GUIDE - PLEASE LET YOUR SERVER KNOW IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS BEFORE ORDERING YOUR MEAL.

1 CELERY | 2 GLUTEN | 3 CRUSTACEAN | 4 EGG | 5 FISH | 6 LUPIN | 7 DAIRY | 8 MOLLUSC | 9 MUSTARD | 10 NUTS | 11 PEANUTS | 12 SESAME | 13 SOYA | 14 SULPHATES

OUR FRYERS USE 100% RAPESEED OIL. ALTHOUGH WE STRIVE TO KEEP OUR FRYERS SEPARATE FOR GLUTEN FREE (gf) WE CANNOT GUARANTEE 100% TRACE FREE OF GLUTEN COOKED IN OUR FRYERS
(GF) - GLUTEN FREE FRIENDLY (GFA) - GLUTEN FREE FRIENDLY OPTION AVAILABLE (V) - VEGETARIAN FRIENDLY (VE) - VEGAN FRIENDLY (VGA) - VEGAN VERSION AVAILABLE

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Light Bites

... Sandwiches ...

Available 12 - 5pm

All served on white or malted bloomer bread (gfa)

Ham Salad 2, 4, 9	8.50
Tuna Mayo & Cucumber 2, 4, 5, 9	9.00
Welsh Cheddar & Chutney 2, 4, 7, 9	8.50
Prawns with Marie Rose 2, 3, 4, 9	11.00
Homemade Fish Finger & Tartar 2, 4, 5, 9, 14	10.00
Hot sandwiches served on white ciabatta bread	
Classic B.L.T 2, 7	10.00
Steak and caramelised onion 2, 4, 7, 9	13.00

... Salads ...

Caesar Salad (gfa) (va) 2, 4, 7	13.00
Classic Caesar salad, Caesar dressing, bacon, croutons	
Add chicken £4.00	
Prawn Salad (gfa) 2, 3, 4, 9	16.50
Juicy Atlantic prawns served with Marie Rose sauce, house salad & rustic bread	
Labanese Falafel Flatbread (ve) 2	16.50
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 2, 14	7.50
Cod, fresh beer battered cod served with chips, peas or beans 2, 5, 14	8.50
Scampi, breaded whole scampi, served with chips, peas or beans 2, 3	9.00
Chicken Nuggets, battered nuggets of chicken breast, served with chips, peas or beans 2	7.50
Beef Burger, 100g steak burger from copper hog butchers, served a soft brioche bun with chips (gfa) 2, 9, 13, 14	7.50
Mac & Cheese, creamy mac & cheese served with garlic bread (v) 1, 2, 7, 9	7.50
Kids Ice-Cream, Pembrokeshire vanilla ice-cream with a choice of strawberry, chocolate or toffee sauce 7	4.00

... Sides ...

Peppercorn or Chimichurri Sauce (v) 7, 4, 14	4.00
Mac & Cheese (v) 2, 7	5.50
Onion Rings (v) 2, 14	4.50
Rustic Chips (v) / Cheesy Chips (gfa) 7	5.00/5.50
Garlic Bread (v) 2 Cheesy Garlic Bread 2, 7	5.50/6.50
Rustic Bread & Butter (v) 2, 7	2.50
Side Salad (ve) (gf) 4, 9	4.50
Coleslaw (v) (gf) 4	3.50
Buttered New Potatoes (v) (gf) 2	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		4.00
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

Breakfast

Served 9.30am to 11.30am Mon - Sat

Main Menu From Midday

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