

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) (gfa) 2, 14 8.00 Rustic bread / olives / oil & balsamic	Glamorgan Sausage (v) 8.00 Leek & potato sausage / tomato relish
Vegetable Gyozas (ve) 2,48.00 Fried gyoza dumplings / Soy sauce	Halloumi Fries (v) 8.50 Deep fried Halloumi / Hot Honey
Chili & Garlic Tiger Prawns (gfa) 2,3,710.00 Shell on tiger prawns / rustic bread / chili & garlic butter	Chicken Liver Pate8.50 Smooth chicken pate/ 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) 8.00 Creamy Hummus / toasted flatbread	Caesar Salad (va) 2, 4, 7 7.50 Leaf / Caesar dressing / bacon / croutons— add chicken £2

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. **2, 4, 7, 14**

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) 2, 13 17.50

Classics

HARBWR Beer Battered Cod 2, 4, 5, 14 18.50 Cod fillet with chips, minted mushy peas, tartar sauce
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, flatbread & mango chutney (medium)
Welsh Steak & HARBWR Ale Pie 2, 4, 14 17.50 Homemade pie with puff pastry, chips, peas & gravy

Vegan & Veggie

Three Bean Smokey Chilli (ve) (gf) 17.50 With rice & tortilla corn chips
Hot Honey Tofu Skewer (ve) (gfa) 18.00 Wild rice, salad & flatbread
Roasted Red Pepper Quiche (v) 2, 4, 7, 9 16.50 Served with buttered new potatoes & dressed salad

Sides...

Chips 5.00 / Cheesy Chips 5.50 / Garlic Bread 5.50 / Cheesy Garlic Bread 6.50
Side Salad 4.50 / Coleslaw 3.50 / 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

ALLERGEN GUIDE - PLEASE LET YOUR SERVER KNOW IF YOU HAVE ANY ALLERGIES OR DIETRY 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 FLUTEN 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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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	2, 4, 9	8.50
Tuna Mayo & Cucumber	2, 4, 5, 9	9.00
Homemade Fish Finger & Tartar	2, 4, 5, 9, 14	10.00
Prawns with Marie Rose	2, 3, 4, 9	11.00
Roast Beef & Dipping Gravy		11.00

... 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		

..... Children's Menu

Childs Roast Beef, served with all the trimming	2, 4, 7, 14	9.00
Childs Roast Chicken, served with all the trimmings	2, 4, 7, 14	8.50
Local Butchers Sausages, Copper Hog pork sausages or vegetable sausages served with chips, peas or beans	2, 14	7.00
Cod, fresh beer battered cod served with chips, peas or beans	2, 5, 14	8.50
Scampi, whole breaded scampi, chips, peas or beans	2, 3	8.50
Chicken Nuggets, battered nuggets of chicken breast, served with chips, peas or beans	2	7.00
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) / 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 & 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		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
Oat milk 50p

Breakfast Served 9.30am to 11.30am Mon - Sat

Main Menu From Midday

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