

SAUNDERSFOOT
HARBWR
BAR & KITCHEN

Today's Specials

Light Bites

Soup, homemade Broccoli and Stilton soup served with rustic bread 2, 7
£8.00

Crab sandwich, mix of white and brown Crab meat served on white or malted bloomer
2, 3, 4, 9
£12.50

From The Sea

Fresh Sea Bass, 1 or 2 fillets of sea bass, buttered Pembrokeshire new potatoes, greens & choice of sauce (gf) 5, 7
£21.00/£26.00

Hake, oven baked hake fillet, Mediterranean veg, roasted new potatoes & choice of sauce (gf) 5
£24.00

Swordfish, grilled Swordfish steak served with Mediterranean veg, roasted potatoes & choice of sauce (gf) 5
£25

Plaice, whole oven baked Swansea Bay plaice, house salad, Buttered new potatoes & choice of sauce (gf) 4, 5, 7, 9
Contains bones
£26

Crab salad, whole dressed crab, house salad, buttered Pembrokeshire new potatoes (gf)
3, 4, 7, 9
£26

Sauces - Seaweed Butter 7 / Garlic & Chili Butter 7 / Chimichurri 14 / Cider & Mustard Cream

Hearty Mains

Pork Loin, copper hog pork served with roasted new potatoes, seasonal vegetables and a cider mustard cream sauce. 7, 9, 14
£22.00

Burger of the week, Ox and short rib topped with stilton and red onion marmalade
2, 4, 7, 13
£19

Chilli Con Carne, served with rice, tortilla chips and sour cream 7
£18.50

Desserts

Cheesecake of the day, Lotus biscoff

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

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

Swordfish, grilled swordfish steak served with mediterranean veg, roasted new potatoes and a choice of sauce (gfa) **5**
£24

Burger of the week, honey & mustard pork burger, topped with bacon & apple sauce, with chips
£19
2, 7, 9.13, 14

Fresh Sea Bass, 1 or 2 fillets of sea bass, buttered Pembrokeshire new potatoes, greens & choice of sauce (gf) **5, 7**
£19.50/£24.50

Hake, oven baked hake fillet, Mediterranean veg, roasted new potatoes & choice of sauce (gf) **5**
£24.00

Fish Pie, chunky white fish, salmon & prawns in a creamy white sauce, topped with cheesy mash. Served with dressed salad (gf) **3, 4, 5, 7, 9, 13, 14**
£23

Swordfish, grilled Swordfish steak served with Mediterranean veg, roasted potatoes & choice of sauce (gf) **5**
£24

Salmon, oven baked salmon fillet, buttered Pembrokeshire new potatoes, greens & choice of sauce (gf) **5, 7**
£24

Plaice, whole oven Swansea Bay plaice, house salad, Buttered new potatoes & choice of sauce (gf) **4, 5, 7, 9**
Contains bones
£26

Crab salad, whole dressed crab, house salad, buttered Pembrokeshire new potatoes (gf) **3, 4, 7, 9**
£24

Light Bites

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2, 3, 4, 9
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