



Welcome to The Cove.

The Qube Group opens a new bar in Tenby! Matt & Elliot have opened The Cove as part of the Qube Group. Local food, quality ingredients, great recipes are vital to the success of any meal, celebration and special occasion.

We use local produce wherever possible. We hope you enjoy your experience with us.

SARNIES

served on gluten free bread. (Until 5pm)

- Beetroot cured salmon & lemon mayonnaise 6.25
- Roast gammon ham & grain mustard 6.25
- Classic BLT. Bacon, gem lettuce, tomato & mayonnaise 6.25
- Mediterranean vegetable, grilled halloumi & red pepper hummus (v) 6.25
- Cheddar cheese & red onion chutney (v) 6.25
- Prawn mayonnaise 6.25
- Crab salad with lemon & dill mayonnaise (Seasonal) 7.50
- Tuna mayonnaise 7
- Grilled cod fingers & tartare sauce 7
- Steak & caramelised red onion with mustard mayonnaise 9

SALADS

SEARED TUNA STEAK SALAD

Seared tuna steak with beetroot & cured salmon, dressed leaves served with a sharp citrus vinaigrette dressing. 14

GRILLED PEMBROKESHIRE STEAK SALAD

Grilled 8oz Rump steak on a bed of blanched Pembrokeshire greens and fresh chilli. 13

CALDEY ISLAND CRAB SALAD (Seasonal)

Whole dressed crab, seasonal salad topped with avocado, tomato & mango salsa, a lemon, dill dip with gluten free roll. 14

TRADITIONAL CHICKEN CAESAR

Chargrilled chicken breast on mixed leaves, baby tomatoes, croutons and parmesan shavings, caesar dressing. 10

SPANISH CHORIZO, RED ONION & POTATOES

Spanish chorizo, fried red onion & sautéed Pembrokeshire potatoes, balsamic dressing with a fried egg on top. 10

PLEASE ORDER & PAY AT THE BAR

BAR BITES

Choose any 3 for 10 or 4 each

Marinated olives (v)

Buffalo chicken wings & blue cheese dip

Red pepper hummus & gluten free roll (v)

Local crab claws & lemon mayonnaise (When available)

Popcorn Welsh cockles

SHARING BOARDS

(Perfect for two)

MEAT FEAST

Buffalo chicken wings, honey glazed bacon squares, pork ribs, corn on the cob, house slaw, chilli dips. 14

SEAFOOD LOVERS

Gluten free garlic tiger prawns, popcorn cockles, cod bites, beetroot cured salmon, house slaw, lemon & dill mayonnaise. 14

VEGETABLES GALORE

Patatas bravas, falafel, arancini rice balls, chargrilled Mediterranean vegetables, corn on the cob, house slaw, red pepper hummus. 10

ANTIPASTI

A selection of locally sourced cured meats, olives, homemade chutney and gluten free bread. 10.50

LITTLE PEOPLE

GLUTEN FREE PASTA BOLOGNAISE served with garlic bread 5 4oz PEMBROKESHIRE BEEF CHEESE BURGER & CHIPS

GRILLED FISH FINGERS & CHIPS 5

(Gluten Free bun) 5

PIZZA FINGERS (Cheese & tomato or ham & cheese) & chips (v) 5

GRILLED GLUTEN FREE SAUSAGE, MASH & GRAVY 5

GRILLED CHICKEN BITES & CHIPS 5

(ALL SIDES CAN BE SWITCHED WITH LOCALLY SOURCED SEASONAL VEGETABLES)

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MAIN COURSE

COD FILLET BURGER

Roasted fillet of cod, hand pressed with shallots, lemon & a touch of garlic & herbs, gem lettuce, tomato & homemade tartare sauce. Served with house fries and gluten free bun. 10

CLASSIC BEEF BURGER

Hand pressed prime Pembrokeshire beef patty, gem lettuce, tomato, red onions, pickles & relish. Served with house fries and gluten free bun. 11.50

HOMEMADE PIE OF THE MOMENT

Mash crust, creamy bacon & cabbage mash, garden peas & rich gravy. 10

PAN FRIED LOCAL FILLETS OF SEABASS

On a bed of sautéed baby potatoes with roasted pepper & vermouth sauce. 16.50

GRILLED SALMON FILLET

On creamy bacon & cabbage mash, with caper, butter & herb white wine sauce. 15.50

SIDES

HOUSE FRIES 2.50

PEMBROKESHIRE BABY POTATOES 2.50

SEASONAL DRESSED SALAD BOWL 3

SWEET POTATO FRIES 3.50

PEPPERCORN, STILTON OR WALNUT SAUCE 2

GLUTEN FREE GARLIC BREAD 2 WITH CHEESE 2.50

Allergen Information

If you require information regarding the presence of allergens in any of our food or drink, please ask a member of The Cove team who will be happy to provide this information. Whilst a dish may not contain a specific allergen, due to the wide range of ingredients used in our kitchen, foods may be at risk of cross contamination by other ingredients. If you have any dietary needs please inform a member of staff when you order. We take the time to source our food from local suppliers as we feel that Pembrokeshire produce is some of the finest in the world. Items on this menu may contain nuts.

RISOTTO (V)

With wild mushrooms, garden peas & asparagus, finished with parmesan cheese & truffle oil. 12

10 Oz PEMBROKESHIRE SIRLOIN STEAK

Grilled to your liking & served with baked tomato, buttered greens & house fries. 17

12 Oz PEMBROKESHIRE RUMP STEAK

Grilled to your liking & served with baked tomato, buttered greens & house fries. 15

12 Oz GAMMON STEAK

Served with local fried hens egg, sweet chilli pineapple slice, baked tomato, buttered greens & house fries. 12

PORK SHORT RIBS

Smoked rack of ribs glazed with BBQ sauce. Served with baked tomato, buttered greens & house fries. 15.50

STEAMED LOCAL MUSSELS

A mountain of fresh local mussels, steamed in their own juices with cider, shallots & bacon, finished with chopped parsley. Served with warm gluten free bread to mop up that broth. 12

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