



GLUTEN FREE MENU

Welcome to The Cove.

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
- Pembrokeshire 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
- Steak & caramelised red onion with mustard mayonnaise 9
- Tuna & red onion 6.25

SALADS

GRILLED PEMBROKESHIRE STEAK SALAD

Grilled 8oz Rump steak with spiced potatoes, blue cheese dressing on a bed on lettuce and red onion marmalade. 13

SPANISH CHORIZO, RED ONION & POTATOES

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

TRADITIONAL CHICKEN CAESAR

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

HALLOUMI SALAD

Grilled halloumi tossed with mixed leaf and charred roasted vegetables with homemade hummous. 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

Halloumi fries

White bait

Homemade Pork Scratchings

Stuffed Vegetables

Mediterranean Vegetables

Honey Glazed Bacon Bits

SHARING BOARDS

(Perfect for two)

MEAT FEAST

Buffalo chicken wings, honey glazed bacon bits, Homemade Pork Scratchings, Jack Daniels BBQ pork ribs, corn on the cob, house slaw, BBQ & chilli dips. 14

VEGETABLES GALORE (v)

Beetroot and halloumi skewers, stuffed peppers, hummus, spiced Moroccan couscous and slaw. 11.50

TEX-MEX

Grilled spiced chicken, corn tortilla, guacamole, salsa, sour cream, tortilla chips and cheese. 12.50

ANTIPASTI

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

NACHOS (v)

A humungous mound of tortilla chips layered with onions, chilli peppers and cheese with sour cream and salsa. 7.50

LITTLE PEOPLE

(Under 12s Only)

GLUTEN FREE PASTA WITH BOLOGNAISE

served with gluten free garlic bread 5

HAM, EGG & chips 5

4oz PEMBROKESHIRE BEEF CHEESE BURGER with gluten free

bun & chips 5

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

PLEASE ORDER & PAY AT THE BAR

MAIN COURSE

FISH & CHIPS

Fillet of Atlantic cod, gem lettuce, tomato & homemade tartare sauce. Served with house fries. 10

CLASSIC BEEF BURGER

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

PAN FRIED LOCAL FILLETS OF SEABASS

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

PORK SHORT RIBS

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

BREAST OF CHICKEN

Butterflied chicken breast marinated in garlic and herbs. Served with baked tomato, buttered greens & house fries. 13

10 Oz PEMBROKESHIRE SIRLOIN STEAK

Grilled to your liking & served with baked tomato, house fries & salad garnish. 17

12 Oz GAMMON STEAK

Served with egg, pineapple slice, baked tomato, buttered greens & house fries. 12

RED THAI SALMON STIR FRY

Crispy Asian salmon with stir fried Asian vegetables in a sweet chilli and soy sauce. 15.50

SIDES

HOUSE FRIES 2.50

SWEET POTATO FRIES 3.50

PEMBROKESHIRE BABY POTATOES 2.50

GARLIC BREAD (Gluten Free) 2 WITH CHEESE 2.50

SEASONAL DRESSED SALAD BOWL 3

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.

PLEASE ORDER & PAY AT THE BAR