

THE
COVE
DRINK & EAT

CIABATTAS

Warm ciabattas with Slaw and chunky chips.

Chicken, bacon, lettuce, vine tomato mayonnaise 8.50

Tuna mayonnaise 8

Southern fried chicken goujons with melted cheddar and sweet chilli mayonnaise 8

Pembrokeshire ham salad 8

Welsh flat iron steak, red onion marmalade 9.50

Coronation chicken 8.50

Cheddar cheese and pickle v 8

Beetroot, hummas and vine tomato *vegan* 8

 Available at request

SHARING BOARDS

(Perfect for two)

MIXED GRILL FEAST

Pepper pork strips, lemon marinated chicken breast, slow all day braised BBQ pork ribs, honey BBQ pulled pork and Pembrokeshire sausages. Served with red onion and sautéed mushrooms and chunky chips. 28

MEAT FEAST

Slow all day braised BBQ pork ribs, Southern fried chicken goujons and homemade Italian meatballs in spicy tomato sauce and onion rings. 16

Add: Garlic Dip 1 | BBQ Dip 1

SIDES

Homemade and onion rings 3.50

Pembrokeshire baby potatoes 2.50

Peppercorn or blue cheese sauce 3

Seasonal dressed salad bowl 3

Garlic bread 4 with cheese 4.50

Chef's bread / Pitta Bread 3.50

House fries 2.50

Olives 3.50

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.

JACKET POTATOES

 Pembrokeshire Ham 6.50

 Coronation Chicken 7.50

 BBQ Pulled Pork 7

 Baked Beans v 6.50

 Tuna and mayonnaise 7.50

 Meatball Marinara 7.50

Southern fried chicken goujons with melted cheddar and sweet chilli mayonnaise 7.50

Add Cheese v 1

NACHOS v  Available at request

A mountain of tortilla chips topped with spicy salsa and cheese, sour cream and guacamole. 11

MEDITERRANEAN MEZZE v  Available at request

Featuring our marinated olives, stuff vine leaves, homemade red pepper hummus, toasted pitta and marinated feta. 10

SEAFOOD LOVERS

Cod bites, smoked salmon, steamed mussels, cracked crab claws, garlic crevettes with our own slaw, tartare sauce and a dressed side salad. 16



SALAD

TRADITIONAL CHICKEN CAESAR

Chargrilled chicken breast on mixed leaves, baby tomatoes, croutons and parmesan shavings, caesar dressing. 12

STEAK NICOISE SALAD Available at request

Classic French salad with Welsh steak strips served medium rare, mixed leaf, french bean, boiled eggs and new potatoes with French dressing. 14

ASIAN TOFU SALAD WITH CHILLI & LIME DRESSING *vegan* Available at request

Tofu with mixed leaves, soy sauce, spinach, peppers, bean sprouts and cucumber in a chilli and lime dressing. 13

PEMBROKESHIRE PLOUGHMANS

Pork pie, Pembrokeshire ham, local cheese, pickle served with warm chefs bread. 10

HOMEMADE LOBSTER & CRAB FISHCAKES

Homemade lobster and crab fishcakes, poached egg, hollandaise sauce with mixed leaves. 14

MAIN COURSE

SCAMPI, CHIPS & PEAS

Battered scampi with chips, garden peas and homemade tartare sauce. 11

FISH & CHIPS

Battered fillet of fish, gem lettuce, tomato and homemade tartare sauce. Served with house fries. 11

THE COVE BURGER

8oz Pembrokeshire beef patty topped with Jack Daniels BBQ slow cooked pulled pork served with salad, slaw and chips. 14

CHICKEN AND CHORIZO PASTA

Smoked paprika chicken, Spanish chorizo in a rich tomato sauce with garlic bread. 14.50

PEPPERED PORK STEAK

Peppered pork steak served with red onion and sautéed mushrooms and chunky chips. 15.50

FALAFEL BURGER *vegan*

Falafel with gem lettuce and hummus served on tomato bread and house fries. 13



10 oz PEMBROKESHIRE SIRLOIN STEAK

Grilled to your liking & served with red onion and sautéed mushrooms and chunky chips. 17



GAMMON, EGG & CHIPS

Gammon steak with free range fried egg served with red onion and sautéed mushrooms and chunky chips. 13.50



Majority of our dishes can be altered to Gluten Free, Please ask one of our servers at the bar. Thank you.