

THE
COVE
 DRINK & EAT

Each of our locally sourced meat platters is served with; Homemade cranberry and sausage meat stuffing, goose fat roast potatoes, Yorkshire puddings, bone marrow gravy, honey and thyme roasted carrots and parsnips, seasonal vegetables and creamy leeks.

Whole Chicken - For Four

Succulent whole roast chicken. 35

(Add Pembrokeshire Beef or roasted loin of pork for £5 supplement.)

Double Roast Platter - Pembrokeshire Beef and Succulent Chicken

Small Plater: 11 | Large Platter (Perfect for Two) 17

Triple Roast Platter - Pembrokeshire Beef, Succulent Chicken and Roasted Loin of Pork

Small Plater: 13 | Large Platter (Perfect for Two) 20

Our Catch of The Day

Vegetarian Option of The Day

SHARING PLATTERS


(Perfect for two)


MIXED GRILL FEAST  Available at request
 Peppered Welsh steak strips, slow all day braised
 BBQ pork ribs, lemon marinated chicken
 breast, honey BBQ pulled pork and Pembrokeshire
 sausages. Served with red onion, tomato and sautéed
 mushrooms and chunky chips. 28

MEAT FEAST  Available at request
 Slow all day braised BBQ pork ribs, Southern
 fried chicken goujons and homemade Italian
 meatballs in spicy tomato sauce and onion
 rings. 17

Add: Garlic Dip 1 | BBQ Dip 1

NACHOS  Available at request
 A mountain of tortilla chips topped with spicy salsa
 and cheese, sour cream and guacamole. 11
 Upgrade: Pimp it with Pulled Pork. 3.50

MEDITERRANEAN MEZZE  Available at request
 Featuring our marinated olives, stuff vine leaves,
 homemade red pepper hummus, toasted pitta
 and marinated feta. 10

SEAFOOD LOVERS  Available at request
 Cod bites, smoked salmon, steamed mussels and
 crab in a garlic and white wine sauce, garlic
 crevettes with our own slaw, tartare sauce and a
 dressed side salad. 22



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 chunky chips. | 11

THE COVE BURGER

8oz Pembrokeshire beef patty topped with Jack Daniels BBQ slow cooked pulled pork served with salad, slaw and chunky 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, tomato and sautéed mushrooms and chunky chips. | 15.50

FALAFEL BURGER *vegan*

Falafel with gem lettuce and hummus served on tomato bread and chunky chips. | 13



10 oz PEMBROKESHIRE SIRLOIN STEAK

Grilled to your liking & served with red onion, tomato 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

HOMEMADE LOBSTER & CRAB FISHCAKES

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



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

SIDES

Homemade and onion rings 3.50	Peppercorn or blue cheese sauce 3	Garlic bread 4 with cheese 4.50	House fries 2.50
Pembrokeshire baby potatoes 2.50	Seasonal dressed salad bowl 3	Chef's bread / Pitta Bread 3.50	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.