

Please order and pay at the bar.

SHARING

THE
COVE
DRINK & EAT

SMALL PLATES

£6 each or 4 for £20

Soft shell fish taco - Mini tempura pollock goujons in a soft tortilla with homemade tartare and sauerkraut.

Patatas bravas – triple cooked potatoes with smokey paprika sauce. 🌿

Albondigas – Pork meat balls in a spicy tomato sauce.

Cod cheeks – in a chorizo and tomato ragu.

Mini baked camembert - with red onion chutney and ciabatta soldiers. 🌿

Chorizo scotch egg – with garlic aioli.

Stuffed vine leaves 🌿

Pork and fig chipolata smothered in a cider and mustard glaze.

SHARERS

For two people

SEAFOOD LOVERS £22

Fish goujons, smoked salmon, steamed mussels, crab claws in a garlic, white wine sauce, garlic crevettes with our own slaw, tartare sauce and a dressed side salad.

Add... Chef's bread £3.50

NACHOS v £11

A mountain of tortilla chips topped with spicy salsa, cheese, sour cream and guacamole. GF at request. 🌿

Add...

Pimp up your Nachos with pulled pork. £3.50

Add... Crispy bacon bites. £3.50

MEDITERRANEAN MEZZE £13 🌿

Featuring our marinated olives, stuffed vine leaves, homemade red pepper hummus, toasted pitta and marinated feta. GF at request.

MIXED GRILL FEAST £28

Moroccan chicken, Welsh Steak, Jack Daniel's pulled pork, pork and fig chipolata, sticky thai ribs, chips, slaw, red onion, tomato and mushroom.

MEAT FEAST £17

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



MAINS

CLASSIC FISH & CHIPS £11

Beer Battered fillet of fish, gem lettuce, tomato & homemade tartare sauce. Served with chunky fries.

LOCAL SOLE FILLETS £17.50

Stuffed with olives and sun blushed tomato tapenade, on a bed of wild mushroom tortellini with a creamy chive sauce.

MEXICAN STYLE FISH TACOS £13

Hot and spicy mixed fish tacos in corn wraps, dressed salad and sour cream with guacamole.

SPICY PORK MEATBALLS £14

In a tomato ragu with linguine and garlic bread.

STILTON, RED ONION AND SPINACH RISOTTO £14 🌿

BRAISED PORK BELLY £16

Served with red cabbage, mustard mash and cider, shallot sauce.

10 OZ PEMBROKESHIRE SIRLOIN STEAK £17

Grilled to your liking, served with red onion, sautéed mushroom, tomato and chunky chips.

20 OZ PEMBROKESHIRE RUMP STEAK £17

Grilled to your liking, served with red onion, sautéed mushroom, tomato and chunky chips.

MOROCCAN SPICED CHICKEN SKEWERS £14

With couscous, dressed salad, pitta bread with mint and yogurt dip.

THE COVE BURGER £14

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

Add... cheese £1

Add... bacon £1

THE VEGAN FALAFEL BURGER £13 🌿

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

GAMMON, EGG & CHIPS £13.50

Gammon steak with free range fried egg served with red onion, sautéed mushroom, tomato and chunky chips.

KUNG PAO CHICKEN £15.50

A lightly spiced sweet chicken stirfry with Szechuan peppers, ginger and fresh chillies served with egg noodles.

TRADITIONAL CHICKEN CAESAR £12

Char-grilled chicken breast on mixed leaves, baby tomatoes, croutons, parmesan shavings, caesar dressing.

STEAK NICOISE SALAD £14

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

SIDES

Peppercorn sauce v	£3
Blue cheese sauce v	£3
Seasonal dressed salad bowl v	£3
House fries v	£2.50
Olives v	£3.50

Homemade onion rings v	£3.50
Pembrokeshire baby potatoes v	£2.50
Garlic bread (4) with cheese v	£4.50
Chef's bread v	£3.50
Pitta Bread v	£3.50

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

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PUDDINGS

THE
COVE
DRINK & EAT

MANGO & PASSION FRUIT
CHEESECAKE £6

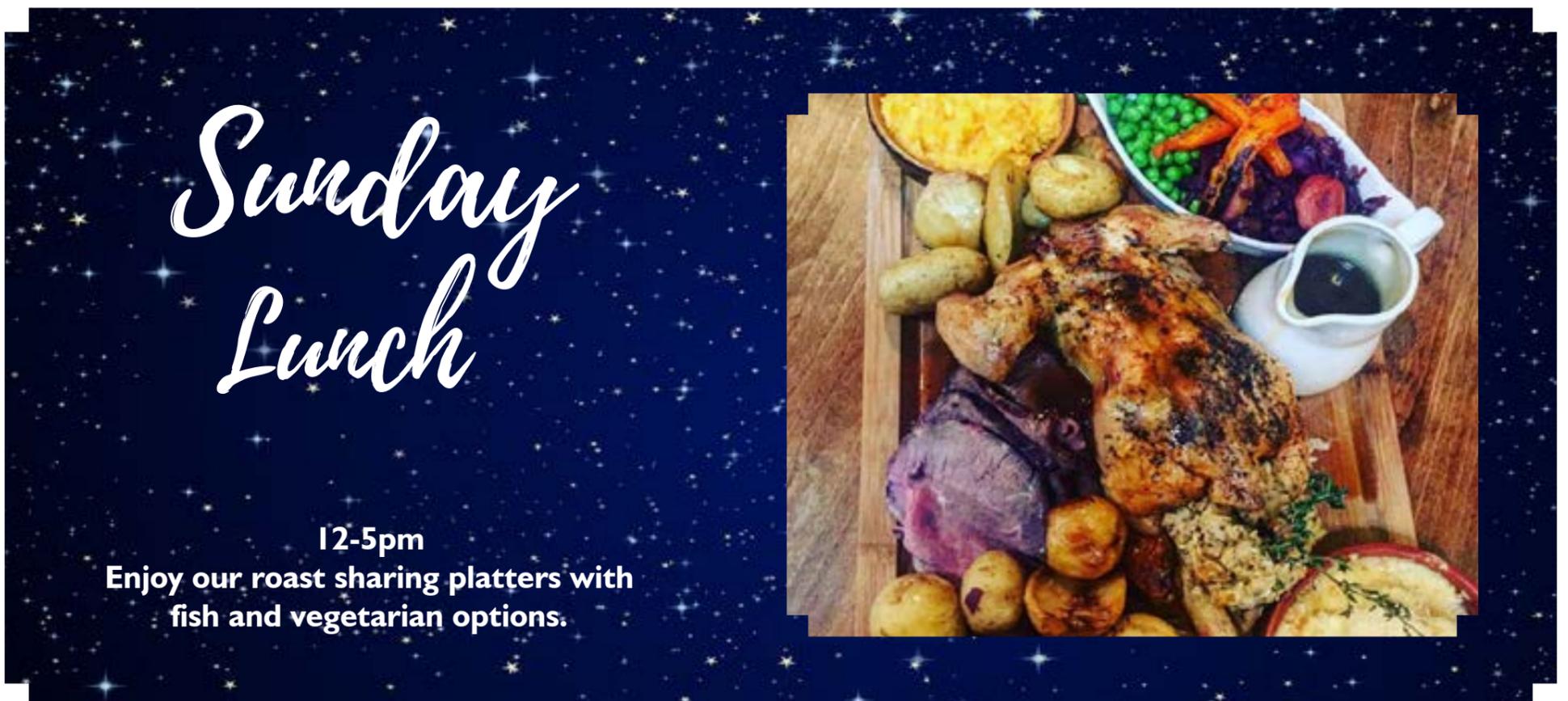
Served with a scoop of Pembrokeshire ice
cream or cream.

ICE-CREAM SUNDAE
£4.50

Served with a scoop of Pembrokeshire ice
cream or cream.

APPLE & MIXED BERRY CRUMBLE G/F
£4.50

Served with a scoop of Pembrokeshire ice
cream or cream.



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.